

Week	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Week One</p>	<p>Morning Tea Fruit Salad & Yoghurt</p> <p>Lunch Pumpkin Pasta (V)</p> <p>Afternoon Tea Rice Cakes with Sliced Apple</p>	<p>Morning Tea Apple & Banana Muffins</p> <p>Lunch Assorted Sandwiches & Wraps</p> <p>Afternoon Tea Pizza Scrolls and Watermelon Slices</p>	<p>Morning Tea Fruit Salad & Yoghurt</p> <p>Lunch Chicken Fried Rice</p> <p>Afternoon Tea Assorted Sandwiches & Fruit Platter</p>	<p>Morning Tea Cheesy Baked Beans /w Croutons</p> <p>Lunch Assorted Sandwiches & Wraps</p> <p>Afternoon Tea Sticky Date Muffins /w Orange</p>	<p>Morning Tea Fruit Salad & Yoghurt</p> <p>Lunch Mexican Baked Potatoes & Rice</p> <p>Afternoon Tea Pikelets /w Maple Syrup & Fruit</p>
 <p>Week Two</p>	<p>Morning Tea Coconut Cupcakes /w Orange</p> <p>Lunch Creamy Pumpkin & Spinach Pasta</p> <p>Afternoon Tea Chickpea Biscuits /w Apple & Banana</p>	<p>Morning Tea Fruit Salad & Yoghurt</p> <p>Lunch Assorted Sandwiches & Wraps</p> <p>Afternoon Tea Date & Sesame Biscuits /w Watermelon</p>	<p>Morning Tea Blueberry Muffins /w Banana</p> <p>Lunch Vegie 'Grate' Bake</p> <p>Afternoon Tea Rice Cakes /w Apple Slices</p>	<p>Morning Tea Fruit Salad & Yoghurt</p> <p>Lunch Chicken Stroganoff & Rice</p> <p>Afternoon Tea Zucchini, Apple & Carrot Muffins /w Banana</p>	<p>Morning Tea Warm Milo & Fruit Toast</p> <p>Lunch Homemade Beef & Vegie Sausage Rolls & Corn</p> <p>Afternoon Tea Dried Fruit, Cheese & Crackers</p>
 <p>Week Three</p>	<p>Morning Tea Banana Muffins /w Watermelon</p> <p>Lunch Tomato & Fetta Pasta (V)</p> <p>Afternoon Tea Rice Cakes with Sliced Orange</p>	<p>Morning Tea Fruit Salad & yoghurt</p> <p>Lunch Sausages & Mash Vegies</p> <p>Afternoon Tea Cheese, Dried Fruit & Crackers</p>	<p>Morning Tea Baked Pear & Granola</p> <p>Lunch Assorted Sandwiches & Wraps</p> <p>Afternoon Tea ANZAC Biscuits & Banana</p>	<p>Morning Tea Raisin Toast /w Apple Slices</p> <p>Lunch Chicken Noodle Soup</p> <p>Afternoon Tea 'Chocolate' Cupcakes with Orange Slices</p>	<p>Morning Tea Overnight Oats</p> <p>Lunch Hidden Vegie Beef Lasagne</p> <p>Afternoon Tea Milo Balls & Condensed Milk Cookies</p>
 <p>Week Four</p>	<p>Morning Tea Coconut Cupcakes /w Watermelon</p> <p>Lunch Mini Pizza Monday</p> <p>Afternoon Tea Rice Cakes /w Banana</p>	<p>Morning Tea Fruit Salad & yoghurt</p> <p>Lunch Ministroni Stew</p> <p>Afternoon Tea Scones with Jam & Watermelon</p>	<p>Morning Tea Raisin Toast /w Apple Slices</p> <p>Lunch Spaghetti & Lentil Bolognaise</p> <p>Afternoon Tea Lemon & Poppy Seed Muffins</p>	<p>Morning Tea Cheesy Baked Beans /w Croutons</p> <p>Lunch Chicken Chow Mein</p> <p>Afternoon Tea Cheese, Dried Fruit & Crackers</p>	<p>Morning Tea Fruit Salad & yoghurt</p> <p>Lunch Beef Bourguignons</p> <p>Afternoon Tea Chocolate Chia Puddings</p>

Late Snack: Crackers, Fruit & Sultanas

All Lunches Served with children's choice of milk or water

All Meals with Fresh, cold water

Avenues Early Learning centre will meet 50% of daily needs while children are in care, the remaining 50% should be met at home. Avenues Early Learning centre is committed to promoting good dental habits and minimising risk of dental decay from food and drink provided at the centre. Water is offered after & between meals for children to rinse their mouths and to drink. All recipes are made on limited salt and sugar, whole grain flour, bread and rice are used on a daily basis. No artificial flavouring or colouring will be used.

Nursery	Children in the Nursery are offered the same menu as the rest of centre, plus a variety of fresh cooked vegetables and fruit and farex cereal which are prepared according to children's preferences. (Pumpkin, potato, broccoli, zucchini, sweet potato, carrots, apples, pear + iron fortified cereal if needed.
Dietary Requirements	All children's Dietary & Allergy Requirements are met and catered to for all meals served with alternative items being provided where necessary. The meals are created with consideration towards these when planning the menu that is offered.