

| <b>Week 4</b>   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|--|---|---|--|
| Break Fast  | <b>Cereal – Weet Bix, Cornflakes or Rice Bubbles</b><br><b>Choice of Water or Milk to drink</b><br><b>Served before 7.30am daily</b> |  |   |   |  |
| Morning Tea<br>With milk or water   | <b>Cereal with banana topper</b>   | <b>Yoghurt with Berries, and Sultana bran</b>  | <b>Fresh fruit platter<br/>Apples, Bananas and oranges</b>  | <b>Seasonal Fruit Platter</b>   | <b>Watermelon, Bananas and apples</b>  |
| Lunch<br>With milk or water   | <b>Sandwiches</b><br>Sweet Chili Tuna, lettuce, Vegemite<br>Ham, Cheese Tomato<br>Cream Cheese and Carrot                            | <b>Mexican Beef Burritos</b><br>with rice and Salad (lettuce cucumber and tomato)<br><br>Beef, Tomatoes, lentils | <b>Chunky Beef and potato pie</b><br><br>And green beans and buttered bread<br><br>Beef, mixed vegies topped with potato gems | <b>Spaghetti Bolognaise</b><br>with pasta and garlic bread<br><br>Beef, Tomato, lentils | <b>Wraps</b><br>Ham, tomato and lettuce<br>Vegemite and grated cheese<br>Beef and cheese<br>Cream cheese and grated carrot |
| Afternoon Tea<br>With milk or water   | <b>Multigrain Rice Crackers with Cheese, Carrot sticks and French onion dip</b>  | <b>Celery cream cheese and sultana boats</b>   | <b>Rice Cakes with Cream cheese or vegemite</b>   | <b>Cucumber, carrot, Cheese, sultanas and crackers</b>                                  | <b>Zucchini and bacon slice</b>  |
| <b>Babies- Pureed Seasonal vegetables with or Meat and pureed seasonal fruit is offered daily</b>   |  |  |   |   |  |
| Grains (cereals) foods<br>2 Serves  | 3  | 2  | 2   | 2   | 2  |
| Vegetables, Legumes/beans<br>1 – 1 ½ Serves   | 2  | 2  | 2   | 2   | 2  |
| Fruit<br>1 Serves   | 1  | 1  | 2   | 2   | 1  |
| Dairy<br>2 Serves   | 2  | 2  | 2   | 2   | 2  |
| Meat, poultry, fish, tofu<br>1 Serves   | 1  | 1  | 2   | 1   | 1  |
| <b>Water is available to the children at ALL times</b>  |  |  |   |   |  |
| <ul style="list-style-type: none"> <li>● Infants will be offered the same as older children when developmentally appropriate or at parent's request.</li> <li>● Whenever possible the centre takes reasonable steps to provide alternate foods to meet the needs of children with allergies or intolerance (eg Dairy intolerant children are offered Soy milk/lactose free as a replacement to full cream milk.) Alternate foods offered will be communicated on the child's daily record</li> <li>● Milk is offered daily</li> <li>● Menu may change at any time without notice – a notification will be given – changes made to menu will ensure that the children's daily nutritional requirements are still met.</li> </ul> |  |  |   |   |  |

