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**Date: 14/10/24 - 18/10/24**

Under the National Quality Framework healthy eating is important to every child’s wellbeing and development. Quality Area 2 of the National Quality Standards (2.1.3) specifies promoting healthy eating for each child.

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| **Monday BSC** | **Tuesday BSC** | **Wednesday BSC** | **Thursday BSC** | **Friday BSC** |
| **Breakfast**  **Milo**  ***Available always:***  **Wholemeal Toast or English Muffins**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Oranges, Pear  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Charlie & Rosalie  Date Requested: 07/10/24 | **Breakfast**  **French Toast *(with variety of berry toppings and maple syrup)***  ***Available always:***  **Wholemeal Toast or Bagels**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Oranges, Pear  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Xudong  Date Requested: 07/10/24 | **Breakfast**  **Chia Pudding *(with yogurt and berries)***  ***Available always:***  **Wholemeal Toast or Bagels**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Oranges, Pear  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff  Date Requested: 07/10/24 | **Breakfast**  **Eggs *(boiled with a variety of spreads and toast)***  **TC Tucker: Guacamole**  ***Available always:***  **Wholemeal Toast or Bagels**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Oranges, Pear  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Xudong  Date Requested: 07/10/24 | **Breakfast**  **Croissants *(with jam, ham or cheese)***  ***Available always:***  **Wholemeal Toast or Bagels**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Oranges, Pear  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Ingrid  Date Requested: 07/10/24 |

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**Date:14/10/24 - 18/10/24**

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| **Monday ASC** | **Tuesday ASC** | **Wednesday ASC** | **Thursday ASC** | **Friday ASC** |
| **Afternoon Tea**  **Main snack: Assorted Crackers and Dips**   * **SPECIFY FRUIT**   (Watermelon, Apples, Oranges, Pears)   * **SPECIFY VEGETABLES** (Cucumber & Carrots) * **SPECIFY CARBS** (Rice, Seaweed Crackers and Rice Cakes, Plain Rice Crackers) * **SPECIFY DAIRY**   (French Onion Dip and Tzatziki Dip)   * **SPECIFY OTHER**   (Peach and Mango Fruit Cups)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Alexander C.  Date Requested: 29/09/24 | **Afternoon Tea**  **Main snack: Spaghetti Bolognese**   * **SPECIFY FRUIT**   (Watermelon, Apples, Oranges, Pears)   * **SPECIFY VEGETABLES** (Cucumber & Carrots) * **SPECIFY CARBS** (Rice, Seaweed Crackers and Rice Cakes, Plain Rice Crackers) * **SPECIFY DAIRY**   (Cheese)   * **SPECIFY OTHER**   (Lentils, Canned Tomatoes, Tomato Paste, Pasta Sauce, Plant Based Mince)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Olivia & Matilda  Date Requested: 07/10/24 | **Afternoon Tea**  **Main snack: Toasties** *(with ham, cheese or tomato)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Oranges, Pears)   * **SPECIFY VEGETABLES** (Cucumber, Spring Onion, Corn and Carrots) * **SPECIFY CARBS** (Rice, Seaweed Crackers and Rice Cakes, Plain Rice Crackers) * **SECIFY DAIRY**   (Sour Cream, Cheese)   * **SPECIFY OTHER**   (Plant based mince, Mixed Beans, Canned Tomatoes, Tomato Paste)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: All  Date Requested: 09/10/24 | **Afternoon Tea**  **Main snack: Chilli Con Carne** *(with sour cream)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Oranges, Pears)   * **SPECIFY VEGETABLES** (Cucumber, Spring Onion, Corn and Carrots) * **SPECIFY CARBS** (Rice, Seaweed Crackers and Rice Cakes, Plain Rice Crackers) * **SECIFY DAIRY**   (Sour Cream, Cheese)   * **SPECIFY OTHER**   (Plant based mince, Mixed Beans, Canned Tomatoes, Tomato Paste)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: All  Date Requested: 09/10/24 | **Afternoon Tea**  **Main snack: Food Science Marshmallow Bubble Bars** *(with fairy sprinkles)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Oranges, Pears)   * **SPECIFY VEGETABLES**   (Cucumber & Carrots)   * **SPECIFY CARBS** (Rice, Seaweed Crackers and Rice Cakes, Plain Rice Crackers) * **SECIFY DAIRY**   (Sour cream, Cheese and Butter)   * **SPECIFY OTHER**   (Marshmallows, Rice Bubbles, White Chocolate, Sprinkles)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: All  Date Requested: 08/10/24 |