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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 & RosalieDate 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: StaffDate 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: XudongDate 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: IngridDate Requested: 07/10/24 |

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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 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 & MatildaDate 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: AllDate 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: AllDate 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: AllDate Requested: 08/10/24 |