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**Date: 09/12/24 - 13/12/24**

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****Seaweed Smoothies *(Mango, Avocado, Banana, Spinach and Milk)******Available always:*****Wholemeal Toast or Raisin Toast****Spreads:*** Nuttelex
* Vegemite
* Jam

**Cereals:*** Rice Bubbles
* Corn Flakes
* Weetbix
* Muesli
* Cheerios

**Fruit:**Apples, Bananas, Pears**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: AlexisDate Requested: 03/12/24  | **Breakfast****Salmon Bagels*****(with Smoked Salmon, Cream cheese, Capers or Avocado)******Available always:*****Wholemeal Toast or Raisin Toast****Spreads:*** Nuttelex
* Vegemite
* Jam

**Cereals:*** Rice Bubbles
* Corn Flakes
* Weetbix
* Muesli
* Cheerios

**Fruit:**Apples, Bananas, Pears**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: StaffDate Requested: 05/12/24 | **Breakfast****Octopus Pancakes*****(with Maple Syrup and Berries)******Available always:*****Wholemeal Toast or Raisin Toast****Spreads:*** Nuttelex
* Vegemite
* Jam

**Cereals:*** Rice Bubbles
* Corn Flakes
* Weetbix
* Muesli
* Cheerios

**Fruit:**Apples, Bananas, Pears**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: AllDate Requested: 06/12/24 | **Breakfast****Seaweed Scramble *(Scrambled Eggs with Spinach and toast)******Available always:*****Wholemeal Toast or Raisin Toast****Spreads:*** Nuttelex
* Vegemite
* Jam

**Cereals:*** Rice Bubbles
* Corn Flakes
* Weetbix
* Muesli
* Cheerios

**Fruit:**Apples, Bananas, Pears**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: TaoDate Requested: 02/12/24 | **Breakfast****Breakfast Burritos *(with Scrambled Eggs, Ham and Spinach Wraps)******Available always:*****Wholemeal Toast or Raisin Toast** **Spreads:*** Nuttelex
* Vegemite
* Jam

**Cereals:*** Rice Bubbles
* Corn Flakes
* Weetbix
* Muesli
* Cheerios

**Fruit:**Apples, Bananas, Pears**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: StaffDate Requested: 05/12/24 |

**Date:02/12/24 - 06/12/24**

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: Crab Dip** *(Variety of dips with Red Capsicum Crabs)** **SPECIFY FRUIT**

(Watermelon, Apples, Pears, Bananas)* **SPECIFY VEGETABLES**

(Cucumber, Capsicum, Carrot) * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers)
* **SPECIFY DAIRY**

(French Onion Dip & Hummus)  * **SPECIFY OTHER**

(Edible Eyes for decorating)**Water** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: StaffDate Requested: 04/12/24 |  **Afternoon Tea** **Main Snack: Seashell Cookies** *(Baked fresh decorated with Icing and Edible Pearls)** **SPECIFY FRUIT**

(Watermelon, Apples, Pears, Bananas)* **SPECIFY VEGETABLES**

(Cucumber, Capsicum, Carrot) * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers)
* **SPECIFY DAIRY**

(French Onion Dip & Hummus) * **SPECIFY OTHER**

(Madeline Cookies, Icing, Edible Pearls)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: Heather, Mia and Charlie Date Requested: 02/12/24 | **Afternoon Tea** **Main snack: Crab Sandwiches** *(Croissants with Ham, Cheese or Tomato and Edible Crab Eyes)** **SPECIFY FRUIT**

(Watermelon, Apples, Pears, Bananas)**SPECIFY VEGETABLES** (Cucumber, Capsicum, Carrot, Tomato) * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers, Croissants)
* **SPECIFY DAIRY**

(French Onion Dip, Cheese & Hummus) * **SPECIFY OTHER**

(Ham, Edible Eyes for decorating)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: StaffDate Requested: 04/12/24 | **Afternoon Tea** **Main snack: Edible Ocean Jars** *(Blue Jelly with Apple Sharks)** **SPECIFY FRUIT**

(Watermelon, Apples, Pears, Bananas,)**SPECIFY VEGETABLES** (Cucumber, Capsicum, Carrot) * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers)
* **SPECIFY DAIRY**

(French Onion Dip & Hummus) * **SPECIFY OTHER**

(Edible Glitter, Edible Sand, Blueberry Jelly)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: StaffDate Requested: 05/12/24 | **Afternoon Tea** **Main snack: Sea Monster Sticks** *(Mixed seasonal fruit and veggies on skewers)** **SPECIFY FRUIT**

(Watermelon, Apples, Pears, Bananas)* **SPECIFY VEGETABLES** (Cucumber, Capsicum, Carrot)
* **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers)
* **SPECIFY DAIRY**

(French Onion Dip) * **SPECIFY OTHER**

(French Onion Dip & Hummus) **Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: XudongDate Requested: 03/12/24 |