**A picture containing text

Description automatically generated**

**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.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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: Alexis  Date 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: Staff  Date 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: All  Date 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: Tao  Date 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: Staff  Date 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.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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: Staff  Date 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: Staff  Date 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: Staff Date 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: Xudong  Date Requested: 03/12/24 |