

**TERM 4 – WEEK 10 MENU** [Week Beginning: 05/11/2022](#)

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	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<p><i>Available at all times:</i>  <b>Wholemeal toast</b>  <b>Spreads:</b>                      - Nuttelex                      - Vegemite                      - Jam</p> <p><b>Cereals:</b>                      - Rice Bubbles                      - Corn Flakes                      - Weetbix</p> <p><b>Fruits:</b>                      Apples and bananas</p> <p><b>Hot food: Waffles with Whipped cream, yoghurt, sautéed apples and honey</b></p> <p><b>Water/Milk (FC/L)</b>  <b>Dietary Alert:</b>  <b>SPECIAL REQUEST ITEMS:</b>                      Requested By</p>	<p><i>Available at all times:</i>  <b>Wholemeal toast</b>  <b>Spreads:</b>                      - Nuttelex                      - Vegemite                      - Jam</p> <p><b>Cereals:</b>                      - Rice Bubbles                      - Corn Flakes                      - Weetbix</p> <p><b>Fruits:</b>                      Oranges and Grapes</p> <p><b>Water/Milk (FC/L)</b>  <b>Dietary Alert:</b>  <b>SPECIAL REQUEST ITEMS:</b>                      Requested By:                      Date Requested:</p>	<p><i>Available at all times:</i>  <b>Wholemeal toast</b>  <b>Spreads:</b>                      - Nuttelex                      - Vegemite                      - Jam</p> <p><b>Cereals:</b>                      - Rice Bubbles                      - Corn Flakes                      - Weetbix</p> <p><b>Fruits:</b>                      Kiwi and rockmelon</p> <p><b>Water/Milk (FC/L)</b>  <b>Dietary Alert:</b>  <b>SPECIAL REQUEST ITEMS:</b>                      Requested By:                      Date Requested:</p>	<p><i>Available at all times:</i>  <b>Wholemeal toast</b>  <b>Spreads:</b>                      - Nuttelex                      - Vegemite                      - Jam</p> <p><b>Cereals:</b>                      - Rice Bubbles                      - Corn Flakes                      - Weetbix</p> <p><b>Fruits:</b>                      Apples and oranges</p> <p><b>Hot food: Cheese toasties with strawberry milkshake</b></p> <p><b>Water/Milk (FC/L)</b>  <b>Dietary Alert:</b>  <b>SPECIAL REQUEST ITEMS:</b>                      Requested By:                      Date Requested:</p>	<p><i>Available at all times:</i>  <b>Wholemeal toast</b>  <b>Spreads:</b>                      - Nuttelex                      - Vegemite                      - Jam</p> <p><b>Cereals:</b>                      - Rice Bubbles                      - Corn Flakes                      - Weetbix</p> <p><b>Fruits:</b>                      Grapes and bananas</p> <p><b>Water/Milk (FC/L)</b>  <b>Dietary Alert:</b>  <b>SPECIAL REQUEST ITEMS:</b>                      Requested By:                      Date Requested:</p>

Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea
<b>Fruit platter with selection of fruit</b> Apples Oranges Pineapple Banana  <b>Plater of fresh veggies</b> Carrot Cucumber  <b>Main snack</b> <u>Pizza Pockets</u> - Crumpets - Pizza Sauce - Mozzarella Cheese - Corns - Capsicum	<b>Fruit platter with selection of fruits</b> Apples Oranges Pineapple Banana  <b>Plater of fresh veggies</b> Carrot Cucumber  <b>Main snack</b> <u>Apple Crumple</u> - Apples - Oats - Yoghurt - Mixed berries	<b>Fruit platter with selection of fruits</b> Apples Oranges Pineapple Banana  <b>Plater of fresh veggies</b> Carrot Cucumber  <b>Main snack</b> <u>Wraps</u> - Multigrain wraps - Tomato - Avocado - Ham - Chicken - Mozzarella cheese	<b>Fruit platter with selection of fruits</b> Apples Oranges Pineapple Banana  <b>Plater of fresh veggies</b> Carrot Cucumber  <b>Main snack</b> <u>Fried Rice</u> - Boiled Rice - Scrambled eggs - Stir fry veggies- corns, peas, carrots - Tamari Sauce	<b>Fruit platter with selection of fruits</b> Apples Oranges Pineapple Banana  <b>Plater of fresh veggies</b> Carrot Cucumber  <b>Main snack</b> <u>Tuna bake</u> - Wholemeal pasta - Tuna - Onion - Garlic - Mozzarella Cheese - Veggies: corns, carrots, peas - Mixed herbs - Cheese
<u>Adjustments</u>	<u>Adjustments</u>	<u>Adjustments</u>	<u>Adjustments</u>	<u>Adjustments</u>