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**Date: 17/02/25 - 21/02/25**

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**  **Bush Honey Toast**  ***(Wholemeal toast with butter, and bush honey)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff  Date Requested: 22/01/25 | **Breakfast**  **Banana Pancakes**  ***(with Honey)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: All  Date Requested: 21/1/25 | **Breakfast**  **Figs and Yoghurt *(Drizzled with Honey and Cinnamon)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff  Date Requested: 09/1/25 | **Breakfast**  **Egg and Avocado Wraps *(Wholemeal wraps with Scrambled Eggs)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Tao  Date Requested: 16/12/24 | **Breakfast**  **Fruit and Yoghurt *(Choose from Watermelon or Banana)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Chloe  Date Requested: 23/1/25 |

**Date: 17/02/25 - 21/02/25**

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| **Monday ASC** | **Tuesday ASC** | **Wednesday ASC** | **Thursday ASC** | **Friday ASC** |
| **Afternoon Tea**  **Main snack: Fruit Kebabs** *(with Yoghurt Dip)*   * **SPECIFY FRUIT**   (Watermelon, Pears, Bananas, Apples)   * **SPECIFY VEGETABLES**   (Cucumber, Capsicum, Carrot, Cherry Tomatoes, Olives)   * **SPECIFY CARBS** (Barbeque Rice Crackers and Rice Cakes, Plain Rice Crackers) * **SPECIFY DAIRY**   (French Onion Dip, Sour Cream, Cheese Cubes, Yoghurt mixed with Honey and Cinnamon)     * **SPECIFY OTHER**   **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Xudong, Heather & Mia  Date Requested: 20/1/25 | **Afternoon Tea**  **Main Snack: Three Sisters Soup** *(Veggie loaded soap)*   * **SPECIFY FRUIT**   (Watermelon, Pears, Bananas, Apples)   * **SPECIFY VEGETABLES**   (Cucumber, Celery, Corn, Onion)   * **SPECIFY CARBS** (Barbeque Rice Crackers and Rice Cakes, Plain Rice Crackers) * **SPECIFY DAIRY**   (French Onion Dip)   * **SPECIFY OTHER,**   (Salt Free Chicken Stock, Curry Powder, Kidney Beans, Sage Leaves, Pumpkin Puree)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff  Date Requested: 23/1/25 | **Afternoon Tea**  **Main snack: Native Rosemary and Parmesan Focaccia** *(Freshly baked by BPPS TC Chefs)*   * **SPECIFY FRUIT**   (Watermelon, Pears, Bananas, Apples)  **SPECIFY VEGETABLES** (Cucumber, Capsicum, Carrot, Rocket)   * **SPECIFY CARBS** (Barbeque Rice Crackers, Rice Cakes and Plain Rice Crackers, Bannock Bread) * **SPECIFY DAIRY**   (French Onion Dip, Cheese Cubes)   * **SPECIFY OTHER**   (Parsley)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff Date Requested: 23/1/25 | **Afternoon Tea**  **Main snack: Bush Tucker Damper** *(baked fresh by BPPS TC Chefs)*   * **SPECIFY FRUIT**   (Watermelon, Pears, Bananas, Apples)  **SPECIFY VEGETABLES** (Cucumber, Capsicum, Cherry Tomatoes, Kalamata Olives)   * **SPECIFY CARBS** (Barbeque Rice Crackers, Rice Cakes and Plain Rice Crackers) * **SPECIFY DAIRY**   (French Onion Dip)   * **SPECIFY OTHER**   (Rosemary)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff Date Requested: 23/1/25 | **Afternoon Tea**  **Main snack: Veggie Pikelets** *(filled with cheese and seasonal vegetables)*   * **SPECIFY FRUIT**   (Watermelon, Pears, Bananas, Apples)  **SPECIFY VEGETABLES** (Cucumber, Capsicum and Tomato)   * **SPECIFY CARBS** (Barbeque Rice Crackers, Rice Cakes and Plain Rice Crackers) * **SPECIFY DAIRY**   (French Onion Dip)   * **SPECIFY OTHER**   (Basil, Olive Oil)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff Date Requested: 21/1/25 |