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**Date: 07/10/24 - 11/10/24**

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****Soldiers (*soft boiled eggs with toast cut up into strips)******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: Ruby Date Requested: 20/09/24 | **Breakfast****Toasties *(choose from ham, cheese and tomato)*** ***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: AllDate Requested: 19/09/24 | **Breakfast****Pikelets *(with a variety of spreads and toppings)******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: Alice C.Date Requested: 13/09/24 | **Breakfast****Bagels *(with a variety of spreads and toppings)******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: Date Requested: | **Breakfast****Milo** ***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: Date Requested: |

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**Date:07/10/24 - 11/10/24**

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:**  ***Antipasto Platter*** (with Turkish bread and Dips) * **SPECIFY FRUIT**

(Watermelon, Apples, Oranges, Pears, Grapes)* **SPECIFY VEGETABLES** (Cucumber & Carrots)
* **SPECIFY CARBS** (Cheese Crackers, Seaweed Crackers and Plain Crackers, Turkish bread)
* **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:** ***Veggie Tacos**** **SPECIFY FRUIT**

(Watermelon, Apples, Oranges, Pears, Grapes)* **SPECIFY VEGETABLES** (Cucumber, Carrots, Lettuce, spinach)
* **SPECIFY CARBS** (Mini Wraps, Barbeque, Crackers, Seaweed Crackers and Plain Crackers)
* **SPECIFY DAIRY**

(Sour cream and cheese) * **SPECIFY OTHER**

(Lentils, Canned Tomatoes, Taco Seasoning)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: Gargi M.Date Requested: 11/09/24 | **Afternoon Tea** **Main snack:** ***Yogurt or Custard*** (with fruit salad)* **SPECIFY FRUIT**

(Watermelon, Apples, Oranges, Pears, Grapes)* **SPECIFY VEGETABLES** (Cucumber & Carrots)
* **SPECIFY CARBS** (Barbeque Crackers, Seaweed Crackers and Plain Crackers)
* **SECIFY DAIRY**

(Yoghurt) * **SPECIFY OTHER**

(Mango and Peach Fruit Cup)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: AllDate Requested: 25/08/24 | **Afternoon Tea** **Main snack: *Baked Potatoes*** (with variety of toppings)* **SPECIFY FRUIT**

(Watermelon, Apples, Oranges, Pears, Grapes)* **SPECIFY VEGETABLES** (Potatoes, Carrots, Spring Onion,
* **SPECIFY CARBS** (Barbeque Crackers, Seaweed Crackers and Plain Crackers)
* **SECIFY DAIRY**

(Sour cream, cheese) * **SPECIFY OTHER**

(Mango and Peach Fruit Cup, Ham)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: StaffDate Requested: 11/09/24 | **Afternoon Tea** **Main snack: *DIY Mini Pizzas**** **SPECIFY FRUIT**

(Watermelon, Apples, Oranges, Pears, Grapes)* **SPECIFY VEGETABLES** (Cucumber & Carrots)
* **SPECIFY CARBS** (English muffins, Barbeque Crackers, Seaweed Crackers and Plain Crackers)
* **SPECIFY DAIRY**

(Cheese) * **SPECIFY OTHER**

(Ham, Tomato paste)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: RosalieDate Requested: 25/07/24 |