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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: All  Date 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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| **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: All  Date 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: Staff  Date 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: Rosalie  Date Requested: 25/07/24 |