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**Date: 27/01/25 - 31/01/25**

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*****PUBLIC HOLIDAY – We are closed******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: Date Requested:  | **Breakfast****Vegemite on Toast*****(with a variety of toppings)******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: Olivia & MatildaDate Requested: 17/12/24 | **Breakfast****Fruit and Yoghurt Parfait *(Drizzled with Honey 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: AlexisDate Requested: 09/12/24 | **Breakfast****Smashed Avo *(Smashed Avocado topped with Feta cheese and Cherry Tomatoes on 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: StaffDate Requested: 16/12/24 | **Breakfast****Veggie Omelette *(Mixed veggies with cheese)******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: StaffDate Requested: 16/12/24 |

**Date:27/01/25 - 31/01/25**

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 ASC** | **Tuesday ASC** | **Wednesday ASC** | **Thursday ASC** | **Friday ASC** |
| **Afternoon Tea** ***PUBLIC HOLIDAY – We are closed**** **SPECIFY FRUIT**

(Watermelon, Apples, Pears, Bananas, Strawberries)* **SPECIFY VEGETABLES**

(Cucumber, Capsicum, Carrot) * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers)
* **SPECIFY DAIRY**

(French Onion Dip & Avocado Dip)  * **SPECIFY OTHER**

(Marshmallows)**Water** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: Date Requested:  |  **Afternoon Tea** **Main Snack: Mini Pavlova’s** *(Baked fresh decorated with berries and passionfruit pulp)** **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, Avocado Dip, Butter)* **SPECIFY OTHER,**

(Flour, Oats, Golden Syrup, Desiccated Coconut, Sugar & Baking Soda)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: AllDate Requested: 18/12/24 | **Afternoon Tea** **Main snack: Vegemite Sandwiches** *(with cheese)** **SPECIFY FRUIT**

(Watermelon, Apples, Pears, Bananas)**SPECIFY VEGETABLES** (Cucumber, Capsicum, Carrot, Tomato) * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers, Wholemeal Bread)
* **SPECIFY DAIRY**

(French Onion Dip, Butter & Avocado Dip) * **SPECIFY OTHER**

(Vegemite)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: AllDate Requested: 18/12/24 | **Afternoon Tea** **Main snack: Lamingtons** *(made fresh with jam and desiccated coconut)** **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, Avocado Dip, Milk & Butter) * **SPECIFY OTHER**

(Jam, Desiccated Coconut, Cocoa Powder, Flour, Cornflour, Caster Sugar, Eggs, Icing Sugar)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: StaffDate Requested: 05/12/24 | **Afternoon Tea** **Main snack: Lunchbox Wraps** *(with a variety of veggies, dips and deli meats)** **SPECIFY FRUIT**

(Watermelon, Apples, Pears, Bananas)* **SPECIFY VEGETABLES** (Cucumber, Capsicum, Lettuce)
* **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers, Wholemeal Wraps)
* **SPECIFY DAIRY**

(French Onion Dip, Cheese & Avocado Dip) * **SPECIFY OTHER**

(Turkey, Ham, Mayonnaise)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: IngridDate Requested: 05/11/24 |