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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 & Matilda  Date 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: Alexis  Date 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: Staff  Date 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: Staff  Date Requested: 16/12/24 |

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

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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: All  Date 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: All  Date 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: Staff Date 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: Ingrid  Date Requested: 05/11/24 |