

TERM 4 – WEEK 10 MENU [Week Beginning: 12/12/2022](#)

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.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<p><i>Available at all times:</i> Wholemeal toast Spreads: - Nuttelex - Vegemite - Jam</p> <p>Cereals: - Rice Bubbles - Corn Flakes - Weetbix</p> <p>Fruits: Apples and bananas</p> <p>Water/Milk (FC/L) Dietary Alert: SPECIAL REQUEST ITEMS: Requested By</p>	<p><i>Available at all times:</i> Wholemeal toast Spreads: - Nuttelex - Vegemite - Jam</p> <p>Cereals: - Rice Bubbles - Corn Flakes - Weetbix</p> <p>Fruits: Oranges and Grapes</p> <p>Water/Milk (FC/L) Dietary Alert: SPECIAL REQUEST ITEMS: Requested By: Date Requested:</p>	<p><i>Available at all times:</i> Wholemeal toast Spreads: - Nuttelex - Vegemite - Jam</p> <p>Cereals: - Rice Bubbles - Corn Flakes - Weetbix</p> <p>Fruits: Kiwi and rockmelon</p> <p>Water/Milk (FC/L) Dietary Alert: SPECIAL REQUEST ITEMS: Requested By: Date Requested:</p>	<p><i>Available at all times:</i> Wholemeal toast Spreads: - Nuttelex - Vegemite - Jam</p> <p>Cereals: - Rice Bubbles - Corn Flakes - Weetbix</p> <p>Fruits: Apples and oranges</p> <p>Hot food: Cheese toasties with strawberry milkshake Water/Milk (FC/L) Dietary Alert: SPECIAL REQUEST ITEMS: Requested By: Date Requested:</p>	<p><i>Available at all times:</i> Wholemeal toast Spreads: - Nuttelex - Vegemite - Jam</p> <p>Cereals: - Rice Bubbles - Corn Flakes - Weetbix</p> <p>Fruits: Grapes and bananas</p> <p>Water/Milk (FC/L) Dietary Alert: SPECIAL REQUEST ITEMS: Requested By: Date Requested:</p>

Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea
Fruit platter with selection of fruit Apples Oranges Pineapple Banana Plater of fresh veggies Carrot Cucumber Main snack <u>Sandwiches with Banana</u> Smoothie <ul style="list-style-type: none"> - Wholemeal bread - Tomato and Cheese - Salad - Jam - Butter 	Fruit platter with selection of fruits Apples Oranges Pineapple Banana Plater of fresh veggies Carrot Cucumber Main snack <u>Pizza</u> <ul style="list-style-type: none"> - Wholemeal pizza bases - Mozzarella Cheese - Toppings: Pineapple, ham, capsicum and corns 	Fruit platter with selection of fruits Apples Oranges Pineapple Banana Plater of fresh veggies Carrot Cucumber Main snack <u>Croissants</u> <ul style="list-style-type: none"> - Croissants - Jam - Butter 	Fruit platter with selection of fruits Apples Oranges Pineapple Banana Plater of fresh veggies Carrot Cucumber Main snack <u>Yoghurt Cups</u> <ul style="list-style-type: none"> - Vanilla Yoghurt - Strawberries - Mangoes - Raspberries - Blueberries 	Fruit platter with selection of fruits Apples Oranges Pineapple Banana Plater of fresh veggies Carrot Cucumber Main snack <u>Pancakes</u> <ul style="list-style-type: none"> - Pancakes - Mixed Berries - Honey - Maple Syrup
<u>Adjustments</u>	<u>Adjustments</u>	<u>Adjustments</u>	<u>Adjustments</u>	<u>Adjustments</u>