

**TERM 4 – WEEK 9 MENU** [Week Beginning: 28/11/2022](#)

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
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<p><i>Available at all times:</i>  <b>Wholemeal toast</b>  <b>Spreads:</b>                      - Nuttelex                      - Vegemite                      - Jam</p> <p><b>Cereals:</b>                      - Rice Bubbles                      - Corn Flakes                      - Weetbix</p> <p><b>Fruits:</b>                      Apples and bananas</p> <p><b>Water/Milk (FC/L)</b>  <b>Dietary Alert:</b>  <b>SPECIAL REQUEST ITEMS:</b>                      Requested By:                      Date Requested:</p>	<p><i>Available at all times:</i>  <b>Wholemeal toast</b>  <b>Spreads:</b>                      - Nuttelex                      - Vegemite                      - Jam</p> <p><b>Cereals:</b>                      - Rice Bubbles                      - Corn Flakes                      - Weetbix</p> <p><b>Hot food: Baked beans and toast</b></p> <p><b>Fruits:</b>                      Oranges and Grapes</p> <p><b>Water/Milk (FC/L)</b>  <b>Dietary Alert:</b>  <b>SPECIAL REQUEST ITEMS:</b>                      Requested By:                      Date Requested:</p>	<p><i>Available at all times:</i>  <b>Wholemeal toast</b>  <b>Spreads:</b>                      - Nuttelex                      - Vegemite                      - Jam</p> <p><b>Cereals:</b>                      - Rice Bubbles                      - Corn Flakes                      - Weetbix</p> <p><b>Fruits:</b>                      Kiwi and rockmelon</p> <p><b>Water/Milk (FC/L)</b>  <b>Dietary Alert:</b>  <b>SPECIAL REQUEST ITEMS:</b>                      Requested By:                      Date Requested:</p>	<p><i>Available at all times:</i>  <b>Wholemeal toast</b>  <b>Spreads:</b>                      - Nuttelex                      - Vegemite                      - Jam</p> <p><b>Cereals:</b>                      - Rice Bubbles                      - Corn Flakes                      - Weetbix</p> <p><b>Hot food: Scrambled egg and bacon on toast</b></p> <p><b>Fruits:</b>                      Apples and oranges</p> <p><b>Water/Milk (FC/L)</b>  <b>Dietary Alert:</b>  <b>SPECIAL REQUEST ITEMS:</b>                      Requested By:                      Date Requested:</p>	<p><i>Available at all times:</i>  <b>Wholemeal toast</b>  <b>Spreads:</b>                      - Nuttelex                      - Vegemite                      - Jam</p> <p><b>Cereals:</b>                      - Rice Bubbles                      - Corn Flakes                      - Weetbix</p> <p><b>Fruits:</b>                      Grapes and bananas</p> <p><b>Water/Milk (FC/L)</b>  <b>Dietary Alert:</b>  <b>SPECIAL REQUEST ITEMS:</b>                      Requested By:                      Date Requested:</p>

Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea
<b>Fruit platter with selection of fruit</b> Apples Oranges Pineapple Banana  <b>Plater of fresh veggies</b> Carrot Cucumber  <b>Main snack</b> <u>Pasta Salad</u> <ul style="list-style-type: none"> <li>- Boiled wholemeal Pasta</li> <li>- Sundried tomatoes</li> <li>- Olives</li> <li>- Basil</li> <li>- Fetta and mixed herbs</li> </ul>	<b>Fruit platter with selection of fruits</b> Apples Oranges Pineapple Banana  <b>Plater of fresh veggies</b> Carrot Cucumber  <b>Main snack</b> <u>Corn, Spinach and Cheese Fritters with banana shake</u> <ul style="list-style-type: none"> <li>- Corns</li> <li>- Spinach</li> <li>- Shredded cheese</li> <li>- Puff Pastry</li> </ul>	<b>Fruit platter with selection of fruits</b> Apples Oranges Pineapple Banana  <b>Plater of fresh veggies</b> Carrot Cucumber  <b>Main snack</b> <u>Veggie/Chicken Noodles</u> <ul style="list-style-type: none"> <li>- Boiled Noodles</li> <li>- Roasted shredded chicken</li> <li>- Stir fry veggies</li> <li>- Garlic</li> <li>- Mixed herbs</li> <li>- Tamari sauce</li> </ul>	<b>Fruit platter with selection of fruits</b> Apples Oranges Pineapple Banana  <b>Plater of fresh veggies</b> Carrot Cucumber  <b>Main snack</b> <u>Garlic bread with pumpkin soup and breadsticks</u> <ul style="list-style-type: none"> <li>- Garlic bread</li> <li>- Pumpkin soup</li> <li>- Breadsticks</li> </ul>	<b>Fruit platter with selection of fruits</b> Apples Oranges Pineapple Banana  <b>Plater of fresh veggies</b> Carrot Cucumber  <b>Main snack</b> <u>Greek Salad with Ham and cheese sandwiches</u> <ul style="list-style-type: none"> <li>- Cherry Tomatoes</li> <li>- Cucumbers</li> <li>- Red onions</li> <li>- Feta cheese</li> <li>- Dried oregano</li> <li>- Olive oil</li> <li>- Multigrain bread</li> <li>- Ham and Cheese</li> </ul>
<u>Adjustments</u>	<u>Adjustments</u>	<u>Adjustments</u>	<u>Adjustments</u>	<u>Adjustments</u>