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**Date: 24/02/25 - 28/02/25**

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**  **Oatmeal**  ***(with Honey)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff  Date Requested: 22/01/25 | **Breakfast**  **Avocado Salad on Toast**  ***(with Sesame seeds and Cucumber)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: All  Date Requested: 21/1/25 | **Breakfast**  **Chia Seed Pudding** *(with fruit and Almond Milk)*  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff  Date Requested: 09/1/25 | **Breakfast**  **Ancient Big Brekkie *(Spinach with Scrambled Eggs and Feta cheese)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Tao  Date Requested: 16/12/24 | **Breakfast**  **Rice Pudding**  ***(with Cinnamon)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Chloe  Date Requested: 23/1/25 |

**Date: 24/02/25 - 28/02/25**

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| **Monday ASC** | **Tuesday ASC** | **Wednesday ASC** | **Thursday ASC** | **Friday ASC** |
| **Afternoon Tea**  **Main snack: Veggies Sticks** *(with assorted crackers and dips)*   * **SPECIFY FRUIT**   (Watermelon, Pears, Bananas, Apples)   * **SPECIFY VEGETABLES**   (Cucumber, Capsicum, Carrot, Cherry Tomatoes, Olives)   * **SPECIFY CARBS** (Barbeque Rice Crackers and Rice Cakes, Plain Rice Crackers) * **SPECIFY DAIRY**   (Hummus Dip, Baba Ganoush)     * **SPECIFY OTHER**   **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Xudong, Heather & Mia  Date Requested: 20/1/25 | **Afternoon Tea**  **Main Snack: Egyptian Flatbread** *(Freshly baked by BPPS TC Chefs with assorted fillings)*   * **SPECIFY FRUIT**   (Watermelon, Pears, Bananas, Apples)   * **SPECIFY VEGETABLES**   (Cucumber, Celery, Corn, Onion)   * **SPECIFY CARBS** (Barbeque Rice Crackers and Rice Cakes, Plain Rice Crackers, Flatbread) * **SPECIFY DAIRY**   (Hummus Dip, Baba Ganoush)   * **SPECIFY OTHER**   **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff  Date Requested: 23/1/25 | **Afternoon Tea**  **Main snack: Lentil Soup** *(Freshly baked by BPPS TC Chefs)*   * **SPECIFY FRUIT**   (Watermelon, Pears, Bananas, Apples)  **SPECIFY VEGETABLES** (Cucumber, Capsicum, Carrot, )   * **SPECIFY CARBS** (Barbeque Rice Crackers, Rice Cakes and Plain Rice Crackers) * **SPECIFY DAIRY**   (Hummus Dip)   * **SPECIFY OTHER**   (Parsley)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff Date Requested: 23/1/25 | **Afternoon Tea**  **Main snack: Honey Cakes** *(Freshly baked by BPPS TC Chefs)*   * **SPECIFY FRUIT**   (Watermelon, Pears, Bananas, Apples)  **SPECIFY VEGETABLES** (Cucumber, Capsicum, Cherry Tomatoes, Kalamata Olives)   * **SPECIFY CARBS** (Barbeque Rice Crackers, Rice Cakes and Plain Rice Crackers) * **SPECIFY DAIRY**   (Hummus Dip)   * **SPECIFY OTHER**   (Rosemary)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff Date Requested: 23/1/25 | **Afternoon Tea**  **Main snack: Couscous** *(with seasonal vegetables)*   * **SPECIFY FRUIT**   (Watermelon, Pears, Bananas, Apples)  **SPECIFY VEGETABLES** (Cucumber, Capsicum and Tomato)   * **SPECIFY CARBS** (Barbeque Rice Crackers, Rice Cakes and Plain Rice Crackers, Couscous) * **SPECIFY DAIRY**   (Hummus Dip)   * **SPECIFY OTHER**   **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff Date Requested: 21/1/25 |