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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: StaffDate 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: AllDate 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: StaffDate 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: TaoDate 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: ChloeDate Requested: 23/1/25 |

**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 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 & MiaDate 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: StaffDate 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: StaffDate 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: StaffDate 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: StaffDate Requested: 21/1/25 |