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**Date: 02/12/24 - 06/12/24**

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**  **Dippy Eggs**  ***(soft boiled eggs with toast cut into thin dip-able slices)***  ***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: Charlie  Date Requested: 26/11/24 | **Breakfast**  **Magic Muesli**  ***(with maple syrup, berries, banana and yoghurt)***  ***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: All  Date Requested: 25/11/24 | **Breakfast**  **Star Pancakes**  ***(with maple syrup, berries and banana)***  ***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: All  Date Requested: 26/11/24 | **Breakfast**  **Enchanted Fairy Breakfast *(smoothie bowls with a variety of fruit and a side of muesli)***  ***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: 26/11/24 | **Breakfast**  **Fairy Toast *(with a variety of toppings to choose from)***  ***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: All  Date Requested: 27/11/24 |

**Date:02/12/24 - 06/12/24**

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| **Monday ASC** | **Tuesday ASC** | **Wednesday ASC** | **Thursday ASC** | **Friday ASC** |
| **Afternoon Tea**  **Main Snack: Pixie Puffs** *(Mini puff pastries filled with Jam and Cream Cheese)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Pears, Bananas)   * **SPECIFY VEGETABLES**   (Cucumber, Cherry Tomatoes, Carrot)   * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers, Puff Pastry) * **SPECIFY DAIRY**   (French Onion Dip, Hummus, Cream Cheese)     * **SPECIFY OTHER**   (Strawberry Jam)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff  Date Requested: 27/11/24 | **Afternoon Tea**  **Main Snack: Watermelon and Green Apple Popsicles** *(Made fresh with Vanilla Yoghurt)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Pears, Bananas)   * **SPECIFY VEGETABLES**   (Cucumber, Cherry Tomatoes, Lettuce and Carrots)   * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers) * **SPECIFY DAIRY**   (French Onion Dip, Hummus, Vanilla Yoghurt)   * **SPECIFY OTHER**   (Apple and Watermelon Jelly)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Xudong, Mia & Chloe  Date Requested: 31/10/24 | **Afternoon Tea**  **Main snack: DIY Sandwiches**  *(with a variety of veggies, deli meats and dips)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Pears, Bananas)   * **SPECIFY VEGETABLES** (Cucumber, Cherry Tomatoes, Capsicum, Lettuce) * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers, Wholemeal Bread) * **SPECIFY DAIRY**   (French Onion Dip & Hummus)   * **SPECIFY OTHER**   (Ham, Turkey)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: All  Date Requested: 26/11/24 | **Afternoon Tea**  **Main snack: Fairy Dust Popcorn**  *(Sparkly Sweet and Slightly Salty Popcorn)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Pears, Bananas, Pineapple)   * **SPECIFY VEGETABLES** (Cucumber, Cherry Tomatoes, Carrot, Capsicum) * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers, Sweet & Slightly Salty Popcorn) * **SPECIFY DAIRY**   (French Onion Dip & Hummus)   * **SPECIFY OTHER**   (Edible Glitter)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff Date Requested: 25/11/24 | **Afternoon Tea**  **Main snack: Fairy Fruit Wands** *(Mixed seasonal fruit on skewers)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Pears, Bananas)   * **SPECIFY VEGETABLES** (Cucumber, Cherry Tomatoes, Carrot) * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers) * **SPECIFY DAIRY**   (French Onion Dip, Hummus, Yoghurt)   * **SPECIFY OTHER**   (Skewers)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Xudong  Date Requested: 22/11/24 |