** Date: 20/01/25 – 24/01/25** **Holiday Week 3 Program - Breakfast Menu**

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 BSC** | **Tuesday BSC** | **Wednesday BSC** | **Thursday BSC** | **Friday BSC** |
| **Breakfast****Yoghurt and Fruit Cups *(with fresh Fruit, Strawberry and Vanilla Yoghurt)******Available at all times:*****Wholemeal toast****Spreads:*** Nutelex
* Vegemite
* Jam
* Honey

**Cereals:*** Rice Bubbles
* Corn Flakes
* Weetbix
* Cheerio’s

**Fruit:**Apple, Banana, Watermelon**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: StaffDate Requested: | **Breakfast****Laser Beam Toast *(toasties with a variety of fillings and spreads)******Available at all times:*****Wholemeal toast****Spreads:*** Nutelex
* Vegemite
* Jam
* Honey

**Cereals:*** Rice Bubbles
* Corn Flakes
* Weetbix
* Cheerio’s

**Fruit:**Apple, Banana, Watermelon**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: IsaacDate Requested: | **Breakfast****Teddy Bear Porridge *(with Berries, Banana and Honey)******Available at all times:*****Wholemeal toast****Spreads:*** Nutelex
* Vegemite
* Jam
* Honey

**Cereals:*** Rice Bubbles
* Corn Flakes
* Weetbix
* Cheerio’s

**Fruit:**Apple, Banana, Watermelon**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: EleanorDate Requested: | **Breakfast****Surfer Smoothies *(with a choice of Mango and Coconut Milk)******Available at all times:*****Wholemeal toast****Spreads:*** Nutelex
* Vegemite
* Jam
* Honey

**Cereals:*** Rice Bubbles
* Corn Flakes
* Weetbix
* Cheerio’s

**Fruit:**Apple, Banana, Watermelon**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: YuvenDate Requested: | **Breakfast****Robin Hood Pancakes *(with Cinnamon, Maple Syrup and Berries)******Available at all times:*****Wholemeal toast****Spreads:*** Nutelex
* Vegemite
* Jam
* Honey

**Cereals:*** Rice Bubbles
* Corn Flakes
* Weetbix
* Cheerio’s

**Fruit:**Apple, Banana, Watermelon**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: EthanDate Requested: |
| **Adjustments** | **Adjustments** | **Adjustments** | **Adjustments** | **Adjustments** |

**Date: 20/01/25 – 24/01/25 Holiday Program Week 3 – Afternoon Tea Menu**

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 ASC** | **Tuesday ASC** | **Wednesday ASC** | **Thursday ASC** | **Friday ASC** |
| **Afternoon Tea** **Main snack: Rice Crackers *(with a variety of dips and cheese cubes)**** **SPECIFY FRUIT**

(Watermelon, Oranges, Apples and Pears)* **SPECIFY VEGETABLES** (Celery, Cucumber, Carrots, Capsicum, Lettuce)
* **SPECIFY CARBS** (Plain Rice Crackers, Barbeque Rice Crackers, Saladas)
* **SPECIFY DAIRY** (Cheese Cubes, French Onion Dip, Tzatziki Dip)
* **SPECIFY OTHER**

**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: Date Requested: | **Afternoon Tea** **Main snack: Oatmeal Cookies *(baked fresh by the chefs at BPPS TC)**** **SPECIFY FRUIT**

(Watermelon, Oranges, Apples and Pears)* **SPECIFY VEGETABLES** (Celery, Cucumber, Carrots, Capsicum)
* **SPECIFY CARBS** (Plain Rice Crackers, Barbeque Rice Crackers, Saladas)
* **SPECIFY DAIRY** (French Onion Dip, Butter)
* **OTHER**

(Muesli, Rolled Oats, Maple Syrup, Plain Flour, Baking Soda, Brown Sugar)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: AllDate Requested: 2024 T4 | **Afternoon Tea** **Main snack: Fruit n’ Yoghurt Parfaits *(with muesli, coconut and toasted oats)*** * **SPECIFY FRUIT**

(Watermelon, Oranges, Apples and Pears)* **SPECIFY VEGETABLES** (Celery, Cucumber, Carrots, Capsicum)
* **SPECIFY CARBS** (Plain Rice Crackers, Barbeque Rice Crackers, Saladas)
* **SPECIFY DAIRY** (French Onion Dip, Strawberry and Vanilla Yoghurt)
* **SPECIFY OTHER**

(Fruit Cups, Muesli, Coconut Flakes and Oats)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: StaffDate Requested: 09/01/25 | **Afternoon Tea** **Main snack: Watermelon and Apple Popsicles *(refreshing homemade icy poles)**** **SPECIFY FRUIT**

(Watermelon, Oranges, Apples and Pears)* **SPECIFY VEGETABLES** (Celery, Cucumber, Carrots, Capsicum)
* **SPECIFY CARBS**

(Original Corn Chips, Plain Rice Crackers, Barbeque Rice Crackers, Saladas)* **SPECIFY DAIRY**

(French Onion Dip)* **SPECIFY OTHER**

(Green Apple and Watermelon Jelly)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: AllDate Requested: 2024 T4 | **Afternoon Tea** **Main snack: Sandwich Rollups *(with a variety of fillings and deli meats)**** **SPECIFY FRUIT**

(Watermelon, Oranges, Apples and Pears)* **SPECIFY VEGETABLES** (Celery, Cucumber, Carrots, Capsicum)
* **SPECIFY CARBS** (Wholemeal Breas, Plain Rice Crackers, Barbeque Rice Crackers, Saladas)
* **SPECIFY DAIRY**
* (French Onion Dip, Mayonnaise, Cheese)
* **SPECIFY OTHER**

(Ham, Turkey)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: RosalieDate Requested: 2024 T4 |
| **Adjustments:** | **Adjustments:** | **Adjustments:** | **Adjustments:** | **Adjustments** |