**A picture containing text

Description automatically generated 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: Staff  Date 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: Isaac  Date 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: Eleanor  Date 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: Yuven  Date 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: Ethan  Date Requested: |
| **Adjustments** | **Adjustments** | **Adjustments** | **Adjustments** | **Adjustments** |

**A picture containing text

Description automatically generatedDate: 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: All  Date 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: Staff  Date 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: All  Date 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: Rosalie  Date Requested: 2024 T4 |
| **Adjustments:** | **Adjustments:** | **Adjustments:** | **Adjustments:** | **Adjustments** |