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**Date: 03/02/25 - 03/07/25**

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**  **Huevos Rancheros**  ***(eggs with salsa and avocado)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Mango and Papaya  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff  Date Requested: 10/01/25 | **Breakfast**  **Cactus Pancakes**  ***(drizzled with honey and topped with berries)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Mango and Papaya  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Olivia & Matilda  Date Requested: 09/1/25 | **Breakfast**  **Fruit Salad *(Drizzled with Lime Juice)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Mango and Papaya  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: All  Date Requested: 09/1/25 | **Breakfast**  **Overnight Oats *(with Cinnamon and Vanilla)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Mango and Papaya  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff  Date Requested: 06/1/25 | **Breakfast**  **Brekkie Burrito *(Mixed veggies with cheese and scrambled eggs)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Mango and Papaya  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Xudong  Date Requested: 06/1/25 |

**Date: 03/02/25 - 03/07/25**

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| **Monday ASC** | **Tuesday ASC** | **Wednesday ASC** | **Thursday ASC** | **Friday ASC** |
| **Afternoon Tea**  **Main snack: DIY Soft Tacos** *(vegetarian, beef and chicken options)*   * **SPECIFY FRUIT**   (Watermelon, Mango Bananas, Papaya)   * **SPECIFY VEGETABLES**   (Cucumber, Capsicum, Carrot)   * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers) * **SPECIFY DAIRY**   (French Onion Dip, Sour Cream, Cheese)     * **SPECIFY OTHER**   (Salsa and Guacamole)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: All  Date Requested: 08/1/25 | **Afternoon Tea**  **Main Snack: Tortilla Chips and Guacamole** *(baked fresh with homemade tortilla chips and freshly made Guacamole)*   * **SPECIFY FRUIT**   (Watermelon, Mango Bananas, Papaya)   * **SPECIFY VEGETABLES**   (Cucumber, Capsicum, Carrot)   * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers, Tortilla Chips * **SPECIFY DAIRY**   (French Onion Dip, Sour Cream, Cheese)   * **SPECIFY OTHER,**   (Salsa and Guacamole)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: All  Date Requested: 10/1/25 | **Afternoon Tea**  **Main snack: Quesadillas** *(vegetarian and chicken filling options)*   * **SPECIFY FRUIT**   (Watermelon, Mango Bananas, Papaya)  **SPECIFY VEGETABLES** (Cucumber, Capsicum, Lettuce and Tomato)   * **SPECIFY CARBS** (Barbeque Rice Crackers, Rice Cakes and Plain Rice Crackers) * **SPECIFY DAIRY**   (French Onion Dip, Sour Cream, Cheese)   * **SPECIFY OTHER**   (Salsa, Black Beans, Guacamole)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff Date Requested: 08/1/25 | **Afternoon Tea**  **Main snack: Mexican Caramel Custard** *(with strawberries)*   * **SPECIFY FRUIT**   (Watermelon, Mango Bananas, Papaya, Strawberry)  **SPECIFY VEGETABLES** (Cucumber, Capsicum, Lettuce and Tomato)   * **SPECIFY CARBS** (Barbeque Rice Crackers, Rice Cakes and Plain Rice Crackers) * **SPECIFY DAIRY**   (French Onion Dip, Sour Cream, Cheese)   * **SPECIFY OTHER**   (Salsa, Black Beans, Guacamole)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Hana Date Requested: 08/1/25 | **Afternoon Tea**  **Main snack: Fajita Wraps** *(vegetarian filling with beans and cheese)*   * **SPECIFY FRUIT**   (Watermelon, Mango Bananas, Papaya)  **SPECIFY VEGETABLES** (Cucumber, Capsicum, Lettuce and Tomato)   * **SPECIFY CARBS** (Barbeque Rice Crackers, Rice Cakes and Plain Rice Crackers) * **SPECIFY DAIRY**   (French Onion Dip, Sour Cream, Cheese)   * **SPECIFY OTHER**   (Salsa, Black Beans, Guacamole)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff Date Requested: 08/1/25 |