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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: StaffDate 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 & MatildaDate 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: AllDate 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: StaffDate 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: XudongDate Requested: 06/1/25 |

**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 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: AllDate 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: AllDate 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: StaffDate 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: HanaDate 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: StaffDate Requested: 08/1/25 |