** Date: 13/01/25 – 17/01/25** **Holiday Week 2 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.

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

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

**Fruit:**Apples and Pears**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: Date Requested: | **Breakfast****Speedy Blueberry Pancakes *(with Maple Syrup and Blueberries)******Available at all times:*****Wholemeal toast****Spreads:*** Nutelex
* Vegemite
* Jam
* Honey

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

**Fruit:**Apples and Pears**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: Date Requested: | **Breakfast****Splish Splash Pancakes *(with Yoghurt, Mango or Berries)******Available at all times:*****Wholemeal toast****Spreads:*** Nutelex
* Vegemite
* Jam
* Honey

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

**Fruit:**Apples and Pears**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By:Date Requested: | **Breakfast****Galaxy DIY Smoothies *(with a choice of Mango or Berries)******Available at all times:*****Wholemeal toast****Spreads:*** Nutelex
* Vegemite
* Jam
* Honey

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

**Fruit:**Apples and Pears**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By:Date Requested: | **Breakfast****Trail Mix Muesli *(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:**Apples and Pears**Water/Milk** **Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By:Date Requested: |
| **Adjustments** | **Adjustments** | **Adjustments** | **Adjustments** | **Adjustments** |

**Date: 13/01/25 – 17/01/25 Holiday Program Week 2 – 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.

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| **Monday ASC** | **Tuesday ASC** | **Wednesday ASC** | **Thursday ASC** | **Friday ASC** |
| **Afternoon Tea** **Main snack: DIY Wraps *(with a variety of dips, veggies and deli meats)**** **SPECIFY FRUIT**

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

(Ham, Turkey, Mayonaise)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: Date Requested: | **Afternoon Tea** **Main snack: Hedgehog Slice *(made 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)
* **OTHER**

**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: Date Requested: | **Afternoon Tea** **Main snack: Rice Crackers *(with a variety of dips)**** **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)
* **SPECIFY OTHER** (Honey, Vegemite, and jam)

**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: Date Requested: | **Afternoon Tea** **Main snack: DIY Nachos *(with a variety of toppings)**** **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**

(Cheese, French Onion, Sour Cream)* **SPECIFY OTHER**

(Salsa, Guacamole)**Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: Date Requested: | **Afternoon Tea** **Main snack: S’mores *(made by the chefs at BPPS TC)**** **SPECIFY FRUIT**

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

**(Marshmallow)****Water****Dietary Alert:** Peanuts/Gluten/Dairy**SPECIAL REQUEST ITEMS:** Requested By: Date Requested:  |
| **Adjustments:** | **Adjustments:** | **Adjustments:** | **Adjustments:** | **Adjustments** |