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Description automatically generated 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: |
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Description automatically generatedDate: 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** |