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Description automatically generated Date: 06/01/25 – 10/01/25** **Holiday Week 1 Program - Breakfast Menu**

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Description automatically generated**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**  **Dippy Eggs *(soft boiled with toast cut into strips)***  ***Available at all times:***  **Wholemeal toast**  **Spreads:**   * Nutelex * Vegemite * Jam * Honey   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Berry Weetbix * Cheerio’s   **Fruit:**  Apples and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By:  Date Requested: | **Breakfast**  **Muesli *(with Cinnamon, Maple Syrup and Berries)***  ***Available at all times:***  **Wholemeal toast**  **Spreads:**   * Nutelex * Vegemite * Jam * Honey   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Berry Weetbix * Cheerio’s   **Fruit:**  Apples and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By:  Date Requested: | **Breakfast**  **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 * Berry Weetbix * Cheerio’s   **Fruit:**  Apples and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By:  Date Requested: | **Breakfast**  **Overnight Mango Chia Pudding**  ***Available at all times:***  **Wholemeal toast**  **Spreads:**   * Nutelex * Vegemite * Jam * Honey   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Berry Weetbix * Cheerio’s   **Fruit:**  Apples and Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By:  Date Requested: | **Breakfast**  **Scrambled Eggs *(with toast)***  ***Available at all times:***  **Wholemeal toast**  **Spreads:**   * Nutelex * Vegemite * Jam * Honey   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * 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: 06/01/25 – 10/01/25 Holiday Program Week 1 – 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: Rice Crackers *(with a variety of dips)***   * **SPECIFY FRUIT**   (Watermelon, Rock Melon, Honey Dew, Oranges, Apples and Pears)   * **SPECIFY VEGETABLES** (Celery, Cucumber, Carrots, Capsicum, Tomatoes) * **SPECIFY CARBS** (Original Corn Chips) * **SPECIFY DAIRY** (Cheese, Sour Cream) * **SPECIFY OTHER** (Salsa)   **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By:  Date Requested: | **Afternoon Tea**  **Main snack: Green Apple and Lemon Bites *(made by the chefs at BPPS TC)***   * **SPECIFY FRUIT**   (Watermelon, Rock Melon, Honey Dew, Oranges, Apples and Pears)   * **SPECIFY VEGETABLES** (Celery, Cucumber, Carrots, Capsicum, Tomatoes) * **SPECIFY CARBS** (Rice Crackers) * **SPECIFY DAIRY** (Cheese and Dip) * **OTHER**   **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By:  Date Requested: | **Afternoon Tea**  **Main snack: DIY Sandwiches *(with a variety of fillings and spreads)***   * **SPECIFY FRUIT**   (Watermelon, Rock Melon, Hone y Dew, Oranges, Apples and Pears)   * **SPECIFY VEGETABLES** (Celery, Cucumber, Carrots, Capsicum, Tomatoes) * **SPECIFY CARBS** (Bread) * **SPECIFY DAIRY** (Cheese) * **SPECIFY OTHER** (Honey, Vegemite, and jam)   **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By:  Date Requested: | **Afternoon Tea**  **Main snack: Butterfly Cakes *(made by the chefs at BPPS TC)***   * **SPECIFY FRUIT**   (Watermelon, Rock Melon, Honey Dew, Oranges, Apples and Pears)   * **SPECIFY VEGETABLES** (Celery, Cucumber, Carrots, Capsicum, Tomatoes) * **SPECIFY CARBS** (Saladas) * **SPECIFY DAIRY** (Cheese) * **SPECIFY OTHER**   (Vegemite, Honey, Jam)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By:  Date Requested: | **Afternoon Tea**  **Main snack: Salada Crackers *(with a variety of dips)***   * **SPECIFY FRUIT**   (Watermelon, Rock Melon, Honey Dew, Oranges, Apples and Pears)   * **SPECIFY VEGETABLES** (Celery, Cucumber, Carrots, Capsicum, Tomatoes) * **SPECIFY CARBS** (Banana Bread) * **SPECIFY DAIRY** ( * **SPECIFY OTHER**   **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By:  Date Requested: |
| **Adjustments:** | **Adjustments:** | **Adjustments:** | **Adjustments:** | **Adjustments** |