** Date: 06/01/25 – 10/01/25** **Holiday Week 1 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****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** |