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**Date: 25/11/24 - 29/11/24**

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**  **Fruit Cups**  ***(with a variety of seasonal fruit and yoghurt)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Staff  Date Requested: 19/11/24 | **Breakfast**  **Paw Print Pancakes**  ***(with maple syrup, blueberries and banana)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: All  Date Requested: 12/11/24 | **Breakfast**  **Muesli *(with yoghurt and seasonal fruits)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Parent  Date Requested: 19/11/24 | **Breakfast**  **Scrambled Eggs *(with toast)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Tao  Date Requested: 19/11/24 | **Breakfast**  **Smoothie Bowls *(variety of fresh and frozen fruit with granola or muesli)***  ***Available always:***  **Wholemeal Toast or Raisin Toast**  **Spreads:**   * Nuttelex * Vegemite * Jam   **Cereals:**   * Rice Bubbles * Corn Flakes * Weetbix * Muesli * Cheerios   **Fruit:**  Apples, Bananas, Pears  **Water/Milk**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Alexis  Date Requested: 06/10/24 |

**Date:25/11/24 - 29/11/24**

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| **Monday ASC** | **Tuesday ASC** | **Wednesday ASC** | **Thursday ASC** | **Friday ASC** |
| **Afternoon Tea**  **Main Snack: Spaghetti Bolognese** *(with cheese)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Pears, Bananas)   * **SPECIFY VEGETABLES**   (Cucumber, Cherry Tomatoes, Carrot)   * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers, Gluten Free Penne) * **SPECIFY DAIRY**   (French Onion Dip, Hummus)     * **SPECIFY OTHER**   (Tomato Paste and Passata Sauce)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Matilda  Date Requested: 18/11/24 | **Afternoon Tea**  **Main Snack: DIY Wraps** *(with a variety of veggies, dips and deli meats)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Pears, Bananas)   * **SPECIFY VEGETABLES**   (Cucumber, Cherry Tomatoes, Lettuce and Carrots)   * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers, Wholemeal Wraps) * **SPECIFY DAIRY**   (French Onion Dip, Hummus, Cheese, Mayonnaise)   * **SPECIFY OTHER**   (Ham, Turkey)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Ingrid, Salote, Mia  Date Requested: 08/11/24 | **Afternoon Tea**  **Main snack: Veggie Cups**  *(with a variety of veggies and dips)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Pears, Bananas)   * **SPECIFY VEGETABLES** (Cucumber, Cherry Tomatoes, Carrot, Celery) * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers, Corn Chips) * **SPECIFY DAIRY**   (French Onion Dip & Hummus)   * **SPECIFY OTHER**   (None)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Rosalie  Date Requested: 15/11/24 | **Afternoon Tea**  **Main snack: Mini Pizzas**  *(Margarita, Hawaiian or Veggie)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Pears, Bananas, Pineapple)   * **SPECIFY VEGETABLES** (Cucumber, Cherry Tomatoes, Carrot, Capsicum) * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers, English Muffins) * **SPECIFY DAIRY**   (French Onion Dip, Cheese)   * **SPECIFY OTHER**   (Tomato Paste, Ham)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Matilda Date Requested: 18/11/24 | **Afternoon Tea**  **Main snack: Fruit Salad** *(Mixed seasonal Fruit, Yoghurt or Jelly)*   * **SPECIFY FRUIT**   (Watermelon, Apples, Pears, Bananas)   * **SPECIFY VEGETABLES** (Cucumber, Cherry Tomatoes, Carrot, Spinach, Zucchini) * **SPECIFY CARBS** (Seaweed Rice Crackers and Rice Cakes, Plain Rice Crackers) * **SPECIFY DAIRY**   (French Onion Dip, Hummus, Yoghurt)   * **SPECIFY OTHER**   (Apple and Strawberry Jelly)  **Water**  **Dietary Alert:** Peanuts/Gluten/Dairy  **SPECIAL REQUEST ITEMS:**  Requested By: Mia  Date Requested: 18/11/24 |