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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: AllDate 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: ParentDate 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: TaoDate 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: AlexisDate Requested: 06/10/24 |

**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 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: MatildaDate 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, MiaDate 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: RosalieDate 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: MatildaDate 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: MiaDate Requested: 18/11/24 |