

1 Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea <u>Drink:</u> Milk/Water	Yoghurt & berries	Cucumber, capsicum, apple, onion dip, rice crackers	Fruit platter, cheese, rice thins	English muffins with butter & vegemite	Fruit platter, cheese, rice crackers
Lunch <u>Drink:</u> Water	<u>Taco wraps</u> Mince, black beans, tomato, carrot, cheese, lettuce, wraps, sour crm	<u>Mixed Sandwiches</u> Ham, cheese, tomato, carrot, vegemite Cucumber sticks	<u>Meatballs with rice salad</u> Rice, corn, peas, chickpeas, capsicum, meatballs	<u>Tuna and Corn mini quiches</u> tuna, corn, cheese, eggs, flour, tomato cucumber sticks	<u>Butter Chicken</u> Chicken, coconut cream, rice, pumpkin, corn, beans
Infants Lunch <u>Drink:</u> Water	As Above With mixed veg and rice	As Above	As Above	As Above	As Above
Alternate Lunch (Allergy specific/Dietary restrictions)	V-vegan mince GF wrap	As Above GF bread	As Above Vegan sausage	As Above DF milk, no cheese	As Above
Afternoon Tea <u>Drink:</u> Milk/Water	Pizza scrolls (ham, tom paste, cheese, pastry) Apple slices	Marion's Banana cake	Anzac bisc Milk offered	Fruit platter, cheese, ritz crackers	Cheese sandwiches with cucumber sticks
Alternate MT/AT (Allergy specific/Dietary restrictions)	DF yoghurt Alternate crackers	Alternate cake	Alternate bisc	As above	vegemite sandwich
Late Snack <u>Drink:</u> Water	Cucumber sticks, cherry tomatoes	Cucumber sticks, rice crackers	Cucumber sticks, cherry tomatoes	Cucumber sticks, sliced fruit	Cucumber sticks, rice crackers

The Education and Care Services National Regulations (79) require that education and care services ensure food and beverages are nutritious and adequate in quantity and is appropriate for each child's growth and development needs and culture, religious or health requirements.

The Australian Dietary Guidelines recommend that the centre's menu should include the following foods over a **two-week cycle** in order to meet the nutritional needs of the children:

- 4 serves of lean red meat
- 2 serves lean pork/poultry
- 1 vegetarian meal
- 1 serve fish

The Australian Dietary Guidelines also recommend that the centre's menu should include the following on a **daily basis**:

- 2 serves vegetables and/or legumes
- 1 serve fruit
- 2 serves full cream dairy and/or alternatives
- 2 serves of grains

2 Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea <u>Drink:</u> Milk/Water	Fruit platter, cheese, quinoa crackers	Fruit toast	Yoghurt with fruit salad	Fruit platter, cheese, rice crackers	Ham & cheese toasties
Lunch <u>Drink:</u> Water	<u>Mixed sandwiches</u> Ham, cheese, tomato, carrot, vegemite Cucumber sticks	<u>Sausages, tomato pasta and salad</u> Sausage, carrot, capsicum, cheese, tomato paste, pasta	<u>Chicken fried rice</u> Rice, spring onion, carrot, peas, corn, chicken, soy sauce	<u>Lentil and tomato pasta</u> Lentils, celery, carrot, onion, tomato, pasta, cheese	<u>Poke bowl</u> Rice, capsicum, cheese, chicken, tomato, cucumber
Infants Lunch <u>Drink:</u> Water	<u>As Above</u> Pureed and finger foods	<u>As Above</u> Pureed and finger foods	<u>As Above</u> Pureed and finger foods	<u>As Above</u> Pureed and finger foods	<u>As Above</u> Pureed and finger foods
Alternate Lunch (Allergy specific/Dietary restrictions)	As above	As above	As above	As above	As above
Afternoon Tea <u>Drink:</u> Milk/Water	Raspberry and coconut muffins	Fruit platter, cheese, rice thins	Scones	Apple tea cake Milk offered	Fruit platter, beetroot dip, toasted wraps
Alternate MT/AT (Allergy specific/Dietary restrictions)	Rice crackers EF DF muffin	GF bread	DF coconut yoghurt Alternate scone/muffin	As above	DF dip
Late Snack <u>Drink:</u> Water	Cucumber sticks, cherry tomatoes	Cucumber sticks, rice crackers	Cucumber sticks, cherry tomatoes	Cucumber sticks, sliced fruit	Cucumber sticks, rice crackers

The Education and Care Services National Regulations (79) require that education and care services ensure food and beverages are nutritious and adequate in quantity and is appropriate for each child's growth and development needs and culture, religious or health requirements.

The Australian Dietary Guidelines recommend that the centre's menu should include the following foods over a **two-week cycle** in order to meet the nutritional needs of the children:

- 4 serves of lean red meat
- 2 serves lean pork/poultry
- 1 vegetarian meal
- 1 serve fish

The Australian Dietary Guidelines also recommend that the centre's menu should include the following on a **daily basis**:

- 2 serves vegetables and/or legumes
- 1 serve fruit
- 2 serves full cream dairy and/or alternatives
- 2 serves of grains

3 Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea <u>Drink:</u> Milk/Water	F/O dip, veg platter, rice crackers	Crumpets	Fruit platter, cheese, ritz crackers	Fruit platter, cheese, rice crackers	Yoghurt and fruit salad
Lunch <u>Drink:</u> Water	<u>Lamb Biryani</u> Broccoli, peas, mince, spinach, onion, rice, coconut cream	<u>Homemade Chicken sausage rolls</u> Mince, pastry, carrot, zucchini	<u>Veg Mac Cheese</u> Broccoli, cauli, pumpkin, milk, cheese, pasta	<u>Mixed Sandwiches</u> Ham, cheese, tomato, carrot, vegemite Cucumber sticks	<u>Spaghetti bol</u> Mince, carrot, zucchini, tomato, pasta, cheese
Infants Lunch <u>Drink:</u> Water	<u>As Above</u> Pureed and finger foods	<u>As Above</u> Pureed and finger foods	<u>As Above</u> Pureed and finger foods	<u>As Above</u> Pureed and finger foods	<u>As Above</u> Pureed and finger foods
Alternate Lunch (Allergy specific/Dietary restrictions)	As above Vegan mince	As above GF pastry	As above GF pasta	As above	As above
Afternoon Tea <u>Drink:</u> Milk/Water	Sultana bisc Sliced apple & pear	Fruit platter, cheese, rice thins	Hummingbird cake (banana, coconut, pineapple)	Choc zucchini muffins	Cheese sandwiches Sliced fruit
Alternate MT/AT (Allergy specific/Dietary restrictions)	As above	alternate muffin/crumpet	Alternate cake	Alternate cake	Coconut yoghurt Vegemite sandwich
Late Snack <u>Drink:</u> Water	Cucumber sticks, cherry tomatoes	Cucumber sticks, rice crackers	Cucumber sticks, cherry tomatoes	Cucumber sticks, sliced fruit	Cucumber sticks, rice crackers

The Education and Care Services National Regulations (79) require that education and care services ensure food and beverages are nutritious and adequate in quantity and is appropriate for each child's growth and development needs and culture, religious or health requirements.

The Australian Dietary Guidelines recommend that the centre's menu should include the following foods over a **two-week cycle** in order to meet the nutritional needs of the children:

- 4 serves of lean red meat - 2 serves lean pork/poultry - 1 vegetarian meal - 1 serve fish

The Australian Dietary Guidelines also recommend that the centre's menu should include the following on a **daily basis**:

- 2 serves vegetables and/or legumes - 1 serve fruit - 2 serves full cream dairy and/or alternatives - 2 serves of grains

4 Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea <u>Drink:</u> Milk/Water	Fruit platter, cheese, quinoa crackers	Cheese toasties	Fruit platter, cheese rice thins	Yoghurt & fruit salad	Fruit salad, cheese slices
Lunch <u>Drink:</u> Water	<u>Salad and meat platter</u> tomato, cucumber, lettuce, capsicum, carrot, ham, chicken, bread	<u>Italian tuna pasta salad</u> Pasta, tomato, tuna, corn, mushroom, onion	<u>Mixed Sandwiches</u> Ham, cheese, tomato, carrot, vegemite Cucumber sticks	<u>Mongolian Beef</u> Rice, mince, beans, cabbage, capsicum, spring onion, plum sauce	<u>Chicken stir-fry with noodles</u> Chicken, onion, soy, noodles, carrot, cabbage, broccoli
Infants Lunch <u>Drink:</u> Water	<u>As Above</u> Pureed food	<u>As Above</u> Pureed foods	<u>As Above</u> Pureed foods	<u>As Above</u> Pureed foods	<u>As Above</u> Pureed foods
Alternate Lunch (Allergy specific/Dietary restrictions)	As above GF bread	As above GF pasta	As above GF bread	As above	As above Rice noodles
Afternoon Tea <u>Drink:</u> Milk/Water	Apple & oat muffins	Fruit platter, cheese rice crackers	Dried fruit & oat cookies	Ginger bisc Orange, apple	Carrot cake with cream cheese icing
Alternate MT/AT (Allergy specific/Dietary restrictions)	Rice crackers Alternate muffin	Ham toasties	As above Alternate bisc	As above	As above
Late Snack <u>Drink:</u> Water	Cucumber sticks, cherry tomatoes	Cucumber sticks, rice crackers	Cucumber sticks, cherry tomatoes	Cucumber sticks, sliced fruit	Cucumber sticks, rice crackers

The *Education and Care Services National Regulations* (79) require that education and care services ensure food and beverages are nutritious and adequate in quantity and is appropriate for each child's growth and development needs and culture, religious or health requirements.

The *Australian Dietary Guidelines* recommend that the centre's menu should include the following foods over a **two-week cycle** in order to meet the nutritional needs of the children:

- 4 serves of lean red meat
- 2 serves lean pork/poultry
- 1 vegetarian meal
- 1 serve fish

The *Australian Dietary Guidelines* also recommend that the centre's menu should include the following on a **daily basis**:

- 2 serves vegetables and/or legumes
- 1 serve fruit
- 2 serves full cream dairy and/or alternatives
- 2 serves of grains