



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Yoghurt and Muesli Milk and Water	Raisin or Wholemeal Toast w Assorted Spreads Milk and Water	Rice Cakes w Spreads Milk and Water	Assorted Cereals Milk and Water	Baked Beans / Spaghetti Milk and Water
Lunch	Mexican Mondays! (eg: tacos, nachos, Enchiladas etc) *Vegetarian Opt. Available	Curry or Casserole w brown rice or Pasta *Vegetarian Opt. Available	White Meat w Vegetables or Salad *Vegetarian Opt. Available	Asian Cuisine *Vegetarian Opt. Available	Wholemeal Sandwich and/or Wraps *Vegetarian Opt. Available
Afternoon Tea	Fruity Baked Good Milk and Water	Rice Cakes w Cheese, Ham, Tomato Milk and Water	Savoury Baked Good Milk and Water	Munch and Crunch Graze Platter Milk and Water	Fruity Baked Good Milk and Water

** Families provided Fruit/Vegetable snack to go with Morning and Afternoon Tea

Our menu is in accordance with Munch and Moves guidelines and the Department of Health Guidelines for Long Day Care.

Full cream cow's milk is served for children under 2 years of age and reduced fat plain milk is offered for children over 2 years of age for morning and afternoon tea

All dietary requirements are met, and an alternative meal is provided where necessary (with supporting letter from doctor)

*All lunch time meals (e.g. culturally inspired meals) include the required daily serving of vegetables/legumes/meats



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Wholemeal Toast w Spreads Milk and Water	Eggs on Toast Milk and Water	Pancakes w Spreads Milk and Water	Assorted Cereals Milk and Water	Yoghurt and Muesli Milk and Water
Lunch	Red Meat and Vegetable Stir-fry *Vegetarian Opt. Available	White Meat w Vegetables or Salad *Vegetarian Opt. Available	Curry or Casserole w brown rice or Pasta *Vegetarian Opt. Available	Sandwiches and or Wraps *Vegetarian Opt. Available	Italian Friday *Vegetarian Opt. Available
Afternoon Tea	Munch and Crunch Graze Platter Milk and Water	Savoury Baked Goods Milk and Water	Rice Cakes w Cheese Ham, Tomato, Avocado Milk and Water	Fruity Baked Good Milk and Water	Munch and Crunch Graze Platter Milk and Water

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