



SAMPLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST

A selection of cereals with milk or water is served between 7:00am – 8:00am each morning

MORNING TEA 9:30am

Toasted English muffins

Fresh fruit platter

Cruskits or rice cakes
with vegemite

Fresh fruit platter

Fresh fruit platter

LUNCH 11:30am

Chicken and corn soup
with turkish bread

Savoury Beef with
couscous

Lentil hotpot with rice

Tuna and vegetable
pasta

Zucchini slice with
salad

*Note: Young children in the Joey Room have mashed or pureed vegetables and/or the main meal depending on their stage of development
As a second course after lunch: Fresh fruit and/or cheese and water crackers*

AFTERNOON TEA 3.00pm

Vegetable sticks,
cheese, dip and biscuits

Rice thins with spreads

Fruit smoothie

Salada biscuits with
cheese and/or vegemite

Yoghurt

Assorted sandwiches

Fresh fruit

Cruskits with spreads

Fruit and custard

FAMILY GROUPING

Milk and water is available to the children while family grouping between 5:30 and 6:00pm