



Our menu is based on the *NSW Munch and Move Initiative* that support the healthy development of children birth to 5 years.

We offer water to children with all meals as the drink of choice. We also offer milk at morning and afternoon tea.

All Children with allergies are catered for. They will be served the same menu meals with the use of alternative ingredients to suit their dietary requirements. Recipes in our menu which contain honey, it will be substituted for an alternative ingredient.

All meal are prepared on site from fresh ingredients. All recipes used for our menu can be accessed by all parents.

We strive to assist in the achievement of daily recommended nutrition servings for children every day.

Nutritional Daily recommendations for Children YEARS: \*

	Vegetables and legumes/beans	Fruit	Grain/ Cereal Foods	Lean Meats, poultry, fish, eggs, tofu, legumes/beans	Milk, yoghurt, cheese and alternatives
Toddlers	1 ½	½	4	1	1-1 ½
Boys and Girls 2-3 years	2 ½	1	4	1	1 ½
Boys and Girls 4-8 years	4 ½	1 ½	4	1 ½	1 ½ (Girls), 2 (Boys)

\*<https://www.eatforhealth.gov.au/>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning tea</b>	Wholemeal Carrot and Sultana Muffins  Milk	Fruit with Wholemeal Crackers and Dip  Milk	Iron Rich Muffins  Milk	Orange and Date Muffins  Milk	Baked Beans with Wholemeal Bread  Milk
<b>Lunch</b>	Beef Stroganoff with Rice and Steamed Vegetables	Beef Sausages with Sweet Potato Mash, Green Beans and Aioli	Hawaiian Meatloaf with Baked Potatoes and vegetables	Chicken Couscous with Vegetables	Grilled Chicken Strips with Zucchini and Corn Slice
<b>Dessert</b>	Greek yoghurt with fresh fruit salad	Mixed Berry Smoothie	Unicorn Yogurt (Mixed Berry Greek Yogurt)	Banana and Blueberry Smoothie	Fresh Fruit and Greek Yoghurt
<b>Afternoon tea</b>	Fruit, Vegetable Sticks, and Dip with Wholemeal Crackers	Wholemeal Carrot, Lettuce and Cheese Wraps	Fruit and Vegetable Platter	Hommus with Vegetable Sticks and Wholemeal Crackers	Wholemeal Fruit Muffins

**Late Snack provided at 4:30/5:00 dependant on what has been consumed throughout the day.**