



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/>



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning tea	Wholemeal Carrot and Sultana Muffins Milk	Orange and Date Muffins Milk	Iron Rich Muffins Milk	Fruit and Vegetable Platter Milk	Baked Beans with Wholemeal Bread Milk
Lunch	Curried Beef with Rice and Steamed Vegetables	Mini Pizza Rounds with Side Salad	Creamy Tuna and Vegetable Pasta	Shepherd's Pie with Vegetables	Stir Fry Beef and Vegetables with Rice
Dessert	Greek yoghurt with fresh fruit salad	Mixed Berry Smoothie	Unicorn Yogurt (Mixed Berry Greek Yogurt)	Banana and Blueberry Smoothie	Fresh Fruit and Greek Yoghurt
Afternoon tea	Fruit, Vegetable Sticks, and Dip with Wholemeal Crackers	Fruit Platter	Wholemeal Carrot, Lettuce and Cheese Wraps	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.