



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 Fruit Toast Milk	Wholemeal Fruit Muffins Milk	Wholemeal Apple Muffins Milk	Baked Beans with Wholemeal Bread Milk	Iron Rich Muffins Milk
Lunch	Apricot Chicken with Wholemeal Pasta, Broccoli and Cauliflower	Spaghetti Bolognese	Beef and Vegetable Pie with Potato Salad	Wholemeal Beef Burgers	Honey Soy Beef with Wholemeal Noodles, Peas and Corn
Dessert	Mixed Berry Smoothie	Unicorn Yogurt (Mixed Berry Greek Yogurt)	Greek yoghurt with fresh fruit salad	Greek yoghurt with fresh fruit salad	Fresh Fruit and Greek Yoghurt
Afternoon tea	Orange and Date Muffins	Fruit Platter	Fruit with Vegetable sticks, Wholegrain Crackers and Dip	Date Loaf	Hommus with Vegetable Sticks and Wholemeal Crackers

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