






CHILDREN'S MENU



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast 06:30 - 07:30am	A selection of cereal & breakfast items				
 Morning Tea	Warm pumpkin scones served with fresh strawberries	Sweet corn, zucchini & bacon savoury muffins served with fresh seasonal fruits	Spring vegetable grazing platter with brown rice crackers, cheese cubes, vegetable sticks, fruit slices, roasted garlic hummus & dried apricots	Greek yoghurt served with crunchy house made granola	Vegetable packed salsa & rustic corn chips served with fresh seasonal fruits
 Lunch	Self-serve taco tug boats with a fresh selection of corn, cucumbers, grated cheddar, sour cream & seasoned grass fed minced beef	Apricot Chicken served with fluffy basmati rice & lightly blanched green beans	A selection of assorted sandwiches on wholemeal bread served with cucumber shapes & curly carrot ribbons	Thin crust ham & pineapple mini pizzas with an assortment of self-serve salad options	Bite sized Cod pieces, coated in crispy panko, baked & served with an assortment of roast vegetable pieces.
 Afternoon Tea	Banana bread cinnamon bombs served with fresh seasonal fruits	Vegemite & cheese pastry scrolls served with fresh seasonal fruits	Raspberry coconut slice served with fresh seasonal fruits	Roasted garlic hummus made from organic chickpeas, garlic & lemon juice, served with natural corn chips, crunchy vegetable sticks & apple slices	Strawberry Bliss Balls made with fresh berries, rolled oats, coconut & sunflower seeds, served with fresh seasonal fruits
 Late Snack 17:30 - 18:30	A selection of fresh cut fruit, roasted vegetables, & crackers				

We provide our children with meals that are fresh, appealing, healthy, fun & above all, nutritious. We understand how important these formative years are in developing healthy & strong relationships with food, which is why we strive to make mealtime a happy & fun experience for everyone. We work hard to provide nutritious meals that meet with dietary guidelines to help build healthy eating habits that last a lifetime. We nurture the children in our care by preparing fresh, nutrient-rich food, providing an educational & supportive eating environment with nutritionally balanced, home cooked meals. All meals & snacks are freshly prepared daily in our own fully equipped kitchen.