

Daily nutritional requirements while in care-
 Grains (cereal) foods 2 serves per day
 Vegetables 1-2 ½ serves per day
 Fruits 1 serve per day
 Dairy/Alternatives 1 serve per day
 Lean Meat/Alternatives 1 serve per day
 Discretionary 0-1 serve per day

WEEK 1

MORNING TEA

w/milk & water

LUNCH

w/water

AFTERNOON TEA

w/milk & water

MONDAY

Fresh fruit
 Raisin toast

Italian chicken
 parmigiana bake
 with steamed
 vegetables and a
 wholemeal bread roll

(Chicken, tomato, mixed vegetables, mozzarella, basil)

Fresh fruit
 Rye cruskets with
 cheese and
 cucumber

TUESDAY

Fresh Fruit
 Weetbix

Tuna pasta bake

(Spiral wholemeal pasta, tuna in spring water, peas, corn, carrot, celery, grated cheese, milk, flour)

Fresh fruit
 Mixed platter

WEDNESDAY

Fresh fruit
 French toast

Corned beef with
 mashed potato and
 steamed vegetables

(Corned beef, vinegar, bay leaves, onion, garlic, potato, beans, broccoli)

Fresh fruit
 Carrot Cake

THURSDAY

Fresh Fruit
 Wholemeal crumpets

Mexican lamb chilli
 con carne with
 brown rice & quinoa

(Lamb mince, carrot, oregano, tomato, red kidney beans, brown rice & quinoa, cumin, paprika)

Fresh fruit
 Sultana, apple and
 cinnamon scrolls

FRIDAY

Fresh fruit
 Scrambled eggs on
 toast

Vegetable patch
 minestrone with
 risoni

(Cauliflower, celery, peas, carrot, mixed herbs, tomato, kidney beans, risoni, stock)

Fresh fruit
 Savoury muffins

At Musgrave Hill Community Children Centre menus have been designed to meet criteria recommended by current Australian Dietary Guidelines and the National Quality Standard. Menus provide a minimum of 50% of the recommended daily intake of nutrients required for each day while in care. The menu is subject to change without notice due to availability of food supply or unforeseen stock supply shortages.

Children in the Nursery room will be offered the same as the older children when developmentally appropriate or at the parents' request; otherwise vegetables such as potato, sweet potato, pumpkin, carrot, zucchini, broccoli or cauliflower are provided in whole form, mashed or pureed.

Late snack each day is wholemeal mini sandwiches