

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 2

## MORNING TEA

w/milk & water

*Fresh fruit  
Yoghurt*

## LUNCH

w/water

*Sri Lankan coconut  
dhal curry with naan  
bread*

(Lentils, curry powder, cinnamon stick,  
coconut milk, sweet potato, carrot, potato,  
broccoli, cauliflower)

## AFTERNOON TEA

w/milk & water

*Fresh fruit  
Mixed platter*

### MONDAY

### TUESDAY

*Fresh fruit  
Baked beans on  
toast*

*Cheesy broccoli soup  
with wholemeal  
bread*

(Potato, chicken stock, broccoli, cheese)

*Fresh fruit  
Oat and chia seed  
cookies*

### WEDNESDAY

*Fresh fruit  
Porridge*

*Italian spaghetti  
bolognese*

(Beef mince, pasta, tomato, mixed herbs,  
capsicum, zucchini, carrot)

*Fresh fruit  
Zucchini and corn  
fritters*

### THURSDAY

*Fresh fruit  
Cheese, tomato and  
avocado toast*

*Slow cooked Irish  
lamb casserole with  
mashed potato*

(Diced lamb, potato, carrot, tomatoes, peas,  
gravy)

*Fresh fruit  
Banana & bran  
bread*

### FRIDAY

*Fresh fruit  
Sweet potato pikelets*

*Indian tandoori  
chicken with brown  
rice and steamed  
vegetables*

(Chicken, plain yoghurt, ginger, garlic,  
garamasala, turmeric, cumin, basmati,  
potato, broccoli, cauliflower)

*Fresh fruit  
Rice thins, cheese  
and carrot sticks*

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