

WEEK 4

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

MORNING TEA

w/milk & water

LUNCH

w/water

AFTERNOON TEA

w/milk & water

MONDAY

Fresh fruit
Yoghurt

Thai pumpkin &
lentil soup with
garlic bread

(red lentils, cumin, coriander, turmeric,
potato, pumpkin, carrot, stock, celery, sweet
potato, turkish bread)

Fresh fruit
Beetroot and bean
brownies

TUESDAY

Fresh fruit
Baked beans on
toast

Moroccan lamb
with pearl cous

cous
(Pumpkin, celery, zucchini, carrot,
capsicum, tomato, 4 bean mix, lamb mince,
pearl cous cous)

Fresh fruit
Scones

WEDNESDAY

Fresh fruit
Porridge

Mustard chicken with
pasta

(Chicken, capsicum, carrot, zucchini, pasta,
plain flour, mustard, golden syrup)

Fresh fruit
Sao's with cheese &
celery sticks

THURSDAY

Fresh fruit
Cheese, tomato and
avocado on toast

Japanese curry with
brown rice

(Curry, brown rice, carrot, capsicum, potato,
beef mince)

Fresh fruit
Mixed Platter

FRIDAY

Fresh fruit
Sweet potato
pikelets

Korean japchae
(Korean noodle stir
fry)

(Beef strips, shiitake, garlic, soy, sesame,
egg, spinach, noodles, shallots, carrot,
capsicum, broccoli)

Fresh fruit
Carrot & pea fritters

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