

## SUMMER WEEK ONE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	<ul style="list-style-type: none"> <li>• Fruit</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Weetbix with honey or banana</li> <li>• Milk</li> <li>• Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>• Baked beans and toast</li> <li>• Cheese</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Crumpets with assorted spreads</li> <li>• Vegetable platter</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit and Veg Platter with Jatz</li> <li>• Milk</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Apricot Chicken</li> <li>• Wholemeal bread</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Tacos</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna and Pasta Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti Bolognese</li> <li>• Simple Side Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken and Mango Pasta Salad</li> <li>• Wholemeal bread</li> </ul>
Afternoon Snack	<ul style="list-style-type: none"> <li>• Finger Sandwiches</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Date Loaf</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit and Vegetable Platter</li> <li>• Rice Crackers</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Corn, Cheese and Chive mini muffins</li> <li>• Vegetable and Fruit Platter</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Pita Chips, Cheese and Dip</li> <li>• Vegetable Platter</li> <li>• Milk</li> </ul>

- All fruit will be peeled and cut into handheld pieces for children aged 0 – 2 years. Hard fruit will be par boiled for babies under the age of 12 months.
- Infants over the age of 6 months will be offered handheld, developmentally appropriate food to encourage baby-led weaning. Children 4 – 6 months will be offered puree or mashed vegetables, adhering to parent’s requirements and/or requests.
- Children with allergies or cultural dietary requirements will be provided with suitable alternatives to foods and drinks not suitable to their needs. Please see your Director to discuss the needs of your child in regard to their dietary requirements and if they change