





	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Fresh Fruit Platter & Milk/Water	Fresh Fruit Platter & Milk/Water	Fresh Fruit Platter & Milk/Water	Fresh Fruit Platter & Milk/Water	Fresh Fruit Platter & Milk/Water
	Raisin Toast with Nuttelex	Vegemite & Cheese Sandwich	Rice cake With Cheese Slice	Toast Bread with Spreads	Crumpet with Spreads
Lunch	Tuna Penne Pasta Bake with Steamed Broccoli	Chicken Stroganoff With Rice/Risoni Pasta & Salad	Beef Mushroom Spaghetti With Veggies	Chicken Curry With Basmati Rice & Rainbow Salad	Chinese Stir Fry Rice With Beans Salad
	 Puree/Mushy Consistency or Finely Chopped for Babies 				
Afternoon	Fruit or Vegetable Platter & Milk/Water	Fruit or Vegetable Platter & Milk/Water	Fruit or Vegetable Platter & Milk/Water	Fruit or Vegetable Platter & Milk/Water	Fruit or Vegetable Platter & Milk/Water
	Dried Fruit Muffins	Home-made Pancake	Corn Cruskits With Avo Cheese Spread	Cracker & Cheese Cube With Veggie Sticks	Cheese Salami Pastry
 Dried Fruits, Crackers and Biscuits for late afternoon 					



*All Breads & Wraps are whole meal

*Infants will eat the same food as the other children in the centre

****Allergy children will have the same meals daily without what the child is allergic**

**Vegetarian Children daily meals will be substituted with Tofu, Mushroom, Mycoprotein products, Grains & Legumes.

*Weekly Nutrition Requirement for Long Day (Based on Nutrition Department from Northern Sydney Central Coast, NSW Health Services)

