



Winter Menu Week 1

Meals	Monday	Tuesday	Wednesday	Thursday	Friday																									
Breakfast <i>(served from 6:30am – 7:30am in our family grouping environment)</i>	Cereal offered includes: Weetbix, Corn Flakes, rice bubbles and/or porridge Toast served with Vegemite Milk and/or Water																													
Morning Tea <i>(Served progressively between 9:30am – 10:30am)</i>	Fresh Fruit served with Milk and/or Water 																													
Lunch <i>(Served from 11:30am – 12:30pm)</i> <i>Each lunch time our Dreamers are provided with a serving of cooked vegetables.</i>	Senon's Delicious Pumpkin Soup served with Wholemeal Bread 	Homemade Shepherd's Pie 	Amber's Butter Chicken served with Rice and Winter Veggies 	7 Hidden Veggie Spaghetti Bolognaise 	Crumbled Fish with Golden Vegetable 																									
Afternoon Tea <i>(Served from 2:30pm – 3:30pm)</i>	Savoury Platter 	Crumbly Tomato and Cheese Scrolls 	Yoghurt served with a Berry Coulis 	Golden Baked Date and Sultana Scones 	Bailey's Banana Bread 																									
Late Snack <i>(Served from 5:30pm)</i>	Fresh Fruit Biscuits, Cheese and Dip																													
Nutritional Information Nutritional Servings for the Daily Menu	<table border="1" style="width: 100%; text-align: center;"> <tr><td style="background-color: #4a7ebb; color: white;">0.79</td></tr> <tr><td style="background-color: #666699; color: white;">1.17</td></tr> <tr><td style="background-color: #e69d00; color: white;">2.33</td></tr> <tr><td style="background-color: #66aa66; color: white;">2.91</td></tr> <tr><td style="background-color: #cc0000; color: white;">4.68</td></tr> </table>	0.79	1.17	2.33	2.91	4.68	<table border="1" style="width: 100%; text-align: center;"> <tr><td style="background-color: #4a7ebb; color: white;">1.05</td></tr> <tr><td style="background-color: #666699; color: white;">1.08</td></tr> <tr><td style="background-color: #e69d00; color: white;">2.14</td></tr> <tr><td style="background-color: #66aa66; color: white;">1.01</td></tr> <tr><td style="background-color: #cc0000; color: white;">3.39</td></tr> </table>	1.05	1.08	2.14	1.01	3.39	<table border="1" style="width: 100%; text-align: center;"> <tr><td style="background-color: #4a7ebb; color: white;">0.83</td></tr> <tr><td style="background-color: #666699; color: white;">1.02</td></tr> <tr><td style="background-color: #e69d00; color: white;">2.02</td></tr> <tr><td style="background-color: #66aa66; color: white;">1.67</td></tr> <tr><td style="background-color: #cc0000; color: white;">2.18</td></tr> </table>	0.83	1.02	2.02	1.67	2.18	<table border="1" style="width: 100%; text-align: center;"> <tr><td style="background-color: #4a7ebb; color: white;">0.79</td></tr> <tr><td style="background-color: #666699; color: white;">1.1</td></tr> <tr><td style="background-color: #e69d00; color: white;">3.98</td></tr> <tr><td style="background-color: #66aa66; color: white;">1.31</td></tr> <tr><td style="background-color: #cc0000; color: white;">2.58</td></tr> </table>	0.79	1.1	3.98	1.31	2.58	<table border="1" style="width: 100%; text-align: center;"> <tr><td style="background-color: #4a7ebb; color: white;">1.4</td></tr> <tr><td style="background-color: #666699; color: white;">1.18</td></tr> <tr><td style="background-color: #e69d00; color: white;">2.66</td></tr> <tr><td style="background-color: #66aa66; color: white;">1.69</td></tr> <tr><td style="background-color: #cc0000; color: white;">2.86</td></tr> </table>	1.4	1.18	2.66	1.69	2.86
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Recommended Servings for Children:
 Meat and Alternatives: 0.75
 Dairy Foods: 1
 Cereals, Breads, Rice and Pasta: 2
 Fruit: 1
 Vegetables: 2