










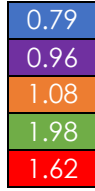
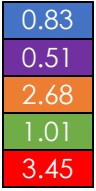
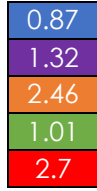
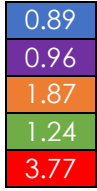
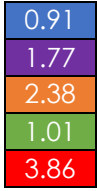




## Winter Menu Week 2

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <i>(served from 6:30am – 7:30am in our family grouping environment)</i>	<b>Cereal offered includes:</b> Weetbix, Corn Flakes, rice bubbles and/or porridge Toast served with Vegemite Milk and/or Water				
<b>Morning Tea</b> <i>(Served progressively between 9:30am – 10:30am)</i>	<b>Fresh Fruit served with Milk and/or Water</b> 				
<b>Lunch</b> <i>(Served from 11:30am – 12:30pm)</i>  <i>Each lunch time our Dreamers are provided with a serving of cooked vegetables.</i>	Claire's Beef Stroganoff served with Pasta  	Chicken Sang Choy Bow  	Alissa's Fish and Vegetable Curry served with Cous Cous  	Vegetarian Mie Goreng  	Lamb Meatballs with hidden vegetables and Mashed Potato  
<b>Afternoon Tea</b> <i>(Served from 2:30pm – 3:30pm)</i>	Fresh Fruit and Custard  	Savannahs Orange Cake  	Golden Vegemite and Cheesy Scrolls  	Yoghurt with Delicious Fruit Crumble  	Turkish Bread, Cheese and Assorted Dips  
<b>Late Snack</b> <i>(Served from 5:30pm)</i>	Fresh Fruit Biscuits, Cheese and Dip				
<b>Nutritional Information</b> Nutritional Servings for the Daily Menu					

**Recommended Servings for Children:**

- Meat and Alternatives: 0.75
- Dairy Foods: 1
- Cereals, Breads, Rice and Pasta: 2
- Fruit: 1
- Vegetables: 2