














Winter Menu Week 3

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>	Ghizal's Creamy Chicken Carbonara 	Vijaya's Hearty Vegetable Soup served with Wholemeal Bread 	Lamb Tex Mex served with Vegetables and Corn Chips 	Sheba's Fish Pie with Leak and Mixed Veggies 	Crumbed Chicken with Salad served on a Wrap 																									
Afternoon Tea <i>(Served from 2:30pm – 3:30pm)</i>	Yoghurt served with a Berry Coulis 	Savoury Platter 	Nasrin's Coconut, Oat and Sultana 	Spinach and Cheesy Scrolls 	Mel's Garlic Bread with Vegetable Sticks 																									
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>1</td></tr> <tr><td>1.44</td></tr> <tr><td>2.53</td></tr> <tr><td>1.67</td></tr> <tr><td>2.95</td></tr> </table>	1	1.44	2.53	1.67	2.95	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1.58</td></tr> <tr><td>1.17</td></tr> <tr><td>1.67</td></tr> <tr><td>2.91</td></tr> <tr><td>5.01</td></tr> </table>	1.58	1.17	1.67	2.91	5.01	<table border="1" style="width: 100%; text-align: center;"> <tr><td>0.88</td></tr> <tr><td>1.29</td></tr> <tr><td>2.78</td></tr> <tr><td>1.84</td></tr> <tr><td>3.21</td></tr> </table>	0.88	1.29	2.78	1.84	3.21	<table border="1" style="width: 100%; text-align: center;"> <tr><td>0.72</td></tr> <tr><td>1.13</td></tr> <tr><td>1.16</td></tr> <tr><td>1.01</td></tr> <tr><td>3.07</td></tr> </table>	0.72	1.13	1.16	1.01	3.07	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td></tr> <tr><td>1.08</td></tr> <tr><td>2.55</td></tr> <tr><td>1.01</td></tr> <tr><td>2.76</td></tr> </table>	1	1.08	2.55	1.01	2.76
1																														
1.44																														
2.53																														
1.67																														
2.95																														
1.58																														
1.17																														
1.67																														
2.91																														
5.01																														
0.88																														
1.29																														
2.78																														
1.84																														
3.21																														
0.72																														
1.13																														
1.16																														
1.01																														
3.07																														
1																														
1.08																														
2.55																														
1.01																														
2.76																														

Recommended Servings for Children:
 Meat and Alternatives: 0.75
 Dairy Foods: 1
 Cereals, Breads, Rice and Pasta: 2
 Fruit: 1
 Vegetables: 2