














## Winter Menu Week 4

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>	Tuna Mornay served with Winter Vegetables 	Chloe's Moroccan Lamb served with Cous Cous 	Raissa's Hearty Minestrone Soup 	Linda's Chicken Nasi Goreng 	Beef and 7 Vegetable Pad Thai 																									
<b>Afternoon Tea</b> <i>(Served from 2:30pm – 3:30pm)</i>	Veena's Golden Banana Bread 	Yoghurt served with Fruit Crumble 	Turkish Bread, Cheese and Assorted Dip 	Golden Tomato and Cheese Scrolls 	Custard served with a Berry Coulis 																									
<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	<table border="1" style="width: 100%; text-align: center;"> <tr><td>0.81</td></tr> <tr><td>1.31</td></tr> <tr><td>2.57</td></tr> <tr><td>1.69</td></tr> <tr><td>2.26</td></tr> </table>	0.81	1.31	2.57	1.69	2.26	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1.32</td></tr> <tr><td>1.02</td></tr> <tr><td>2.18</td></tr> <tr><td>1.24</td></tr> <tr><td>4.03</td></tr> </table>	1.32	1.02	2.18	1.24	4.03	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1.19</td></tr> <tr><td>1.71</td></tr> <tr><td>2.25</td></tr> <tr><td>1.01</td></tr> <tr><td>3.74</td></tr> </table>	1.19	1.71	2.25	1.01	3.74	<table border="1" style="width: 100%; text-align: center;"> <tr><td>0.83</td></tr> <tr><td>1.29</td></tr> <tr><td>2.53</td></tr> <tr><td>1.01</td></tr> <tr><td>2.8</td></tr> </table>	0.83	1.29	2.53	1.01	2.8	<table border="1" style="width: 100%; text-align: center;"> <tr><td>0.88</td></tr> <tr><td>1.02</td></tr> <tr><td>2.53</td></tr> <tr><td>1.17</td></tr> <tr><td>2.32</td></tr> </table>	0.88	1.02	2.53	1.17	2.32
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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