
















Term 1 Week 2 Breakfast Menu and Program 2022

7am-8:30am Available everyday Wholemeal toast, cereal, fruits. This weeks cereal choices <ul style="list-style-type: none"> cheerio, messy monkey and cornflake 7:30am -8:30am - Hot meals Drinks provided: milk and water	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit and yogurt with cereal 	Cheese toasties 	Bacon and egg on wholemeal toast 	Pancakes with berries 	Scrambled eggs on wholemeal toast 
Fruits	A variety of seasonal fruit will be served.				
Craft/Sport	Colouring in  -Hannah suggested by sana	Badminton  -Edward suggested by Ashley	Origami  -Isaac suggested by yejin	Dodgeball  -Isaac suggested by Arthur	Arts and craft  -Rebecca suggested by Ariel
Breakfast/kitchen clean up	Rebecca	Sihong	katya	Nempha	Isaac
Bin/ wipe all surfaces	Rebecca	sihong	Katya	Nempha	Isaac
Vacuuming/ glen 20	Hannah	Edward	Isaac	Isaac	Rebecca






(Theme 1 embedded practice, 2 critical reflection and 3 meaningful engagements are included in menu planning)

Term 1 Week 2 Junior Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Afternoon tea start at 4pm - 4:30</p> <p>Water is always provided all week. Fruit and vegetable platter provided all week</p> <p><u>We encourage children to refill their bottle and not drink directly from the bubblers. If they do not have a drink bottle they can ask for a cup of water inside.</u></p>	<p>yoghourt with mixed berry and crushed cereal</p>  <p>Gelatin free yoghurt is available</p>	<p>Pasta</p> 	<p>Wraps with tomato, cucumber, cheese, and slice ham or salami</p> 	<p>Rice cake with spreads</p> 	<p>Sao with jam, vegemite, and cheese</p> 
Fruits	A variety of seasonal fruit will be served.				
Late afternoon snack 5:15pm	A small snack will be provided often consisting of cheese, cracker and/ or fruit				

(Theme 1 embedded practice, 2 critical reflection and 3 meaningful engagements are included in menu planning)

Term 1 Week 2 Senior Menu

Afternoon tea start at 4pm - 4:30	Monday	Tuesday	Wednesday	Thursday	Friday
	Sao with jam, vegemite, and cheese 	Wraps with tomato, cucumber, cheese, and slice ham or salami 	Yoghurt with mixed berry and crushed cereal  Gelatin free yoghurt is available	Pasta 	Rice cake with spreads 
Fruits	A variety of seasonal fruit will be served.				
Late afternoon snack 5:15pm	A small snack will be provided often consisting of cheese, cracker and/ or fruit				

(Theme 1 embedded practice, 2 critical reflection and 3 meaningful engagements are included in menu planning)

Breakfast					
Breakfast is planned and documented on the menu.	yes/no				
Breakfast is based on grain (cereal) foods. <i>Examples include bread, breakfast cereal, rice and noodles.</i>	Mon	Tues	Wed	Thu	Fri
There is at least one wholemeal or wholegrain choice for each type of grain provided every day. <i>Examples include wholemeal bread, high fibre breakfast cereal.</i>	Mon	Tues	Wed	Thu	Fr
Breakfast cereals are low in added sugars. <i>(Less than 15g of sugar per 100g if dried fruit is not an ingredient, or less than 25g per 100g if dried fruit is an ingredient.)</i>	yes/no				
A choice of milk, yoghurt, cheese and/or alternatives (such as soy drink) are provided every day.	Mon	Tues	Wed	Thu	Fr
Contains Milk, yoghurt, cheese and alternatives	yes/no				
Plain whole milk is available as a drink every day.	yes/no				
Afternoon tea					
<u>Afternoon tea is planned and documented on the menu.</u>	yes/no				
<u>Afternoon tea includes vegetables.</u>	Mon	Tues	Wed	Thu	Fr
<u>Dried fruit is not provided every day.</u>	yes/no				
<u>Afternoon tea includes yoghurt, cheese and/or alternatives such as soy drink.</u>	Mon	Tues	Wed	Thu	Fr
<u>yoghurt, cheese and alternatives</u>	yes/no				
<u>If grain (cereal) foods are provided, they are mostly wholemeal or wholegrain.</u> <i>Examples include: wholemeal bread, wholemeal flour, wholegrain crackers</i>	Mon	Tues	Wed	Thu	Fr

<u>Baked items are not provided everyday.</u>	<u>Yes/No</u>
<u>Baked items do not contain large amounts of fat and sugar.</u>	<u>Yes/No</u>
<u>Drinks</u>	
<u>Water is freely available throughout the session.</u> <u>(children are coming inside for a cup of water if they do not have a drink bottle to refill)</u>	<u>Yes/ No</u>
<u>Flavoured milk is not included every day.</u>	<u>Yes / no</u>
<u>Sweet drinks are not provided.</u> <u>Examples include: soft drinks, fruit drinks, cordial, sports drinks, sports waters, flavoured waters, flavoured mineral waters, iced teas and energy drinks.</u>	<u>Yes / no</u>
<u>Fruit juice is not offered as a drink.</u>	<u>Yes / no</u>
<u>Fats and oils</u>	
<u>Polyunsaturated and/or monounsaturated oils and spreads are used in cooking and baking.</u> <u>Examples include: sunflower, safflower, canola, olive, sunflower, soybean and sesame oil.</u>	<u>Yes / no</u>
<u>Butter, cream, sour cream, coconut cream, copha, palm oil, ghee and lard are not used in cooking or on the menu.</u>	<u>Yes / no</u>
<u>Foods and drinks that should not be included in the daily menu</u>	

Foods which are high in saturated fat, added salt and/or sugar or a combination of these, with little nutritional value are not provided.

Examples of these foods include:

- sweet drinks
- chocolate, confectionery, jelly
- deep fried foods, pastry based foods (pies, sausage rolls and pasties)
- most fast food and takeaway foods
- some processed meats (e.g. sausages, Frankfurt's/hot dogs, salami, Strasburg, Devon, some commercial chicken nuggets)
- high fat/salt savoury snack foods (e.g. crisps, chips, biscuits)
- ice cream and ice confections
- high sugar/fat cakes, muffins, sweet pastries, slices, biscuits and bars

Yes / no