|  |
| --- |
| **Cribb Street Childcare Menu 2020** |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning****Tea** | Yoghurt/Fruit | Fruit Combo | Fruit combo | Yoghurt/Fruit | Fruit Combo` |
| **Lunch** | Ham n Cheese Sandwiches+Side platevegetable/salad | Beef and Vegie pie | Ham n Cheese Sandwiches+Side platevegetable/salad | French OnionChicken withVegie Rice | Ham n Cheese Sandwiches+Side platevegetable/salad |
| **Afternoon****Tea** | Cheese/VegiePlatter | Yoghurt/Rice Crackers | Fruit/Vegie Loaf+glass of milk | Crackerswith cheese/cheese spread | Yoghurt/Rice Cakes |
| **Later Afternoon snack** | Apples/Crackers | Apples/Crackers | Apples/Crackers | Apples/Crackers | Apples/Crackers |

|  |
| --- |
| **All children under 12 months are offered an added serving of fresh vegetable pieces daily** |
| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning****Tea** | Fruit Combo | Fruit Combo | Yoghurt/Rice cakes | Yoghurt/Fruit | Fruit Combo |
| **Lunch** | Tuna and Vegetable Curry Rice | Ham n Cheese Sandwiches+Side platevegetable/salad | Spaghetti Bolognaise | Ham n Cheese Sandwiches+Side platevegetable/salad | Homemade Sausage Rolls |
| **Afternoon****Tea** | Yoghurt/Rice Crackers | Fruit/VegieMuffins+glass of milk | Fruit Combo | Cheese/VegiePlatter | Fruit/VegieLoaf+ glass of milk |
| **Late Afternoon Snack** | Apples/Crackers | Apples/Crackers | Apples/Crackers | Apples/Crackers | Apples/Crackers |

|  |
| --- |
|  |
| **All hot meal recipes contain vegetables and a protein source** |
|  **Week 3** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Morning Tea** | Fruit Combo | Fruit Combo | Yoghurt/Ricecrackers | Fruit Combo | Fruit Combo |
| **Lunch** | Ham n Cheese Sandwiches+Side platevegetable/salad | Indian Mince Curry | Ham n Cheese Sandwiches+Side platevegetable/salad | Tuna n VegiePasta Bake | Ham n Cheese Sandwiches+Side platevegetable/salad |
| **Afternoon Tea** | Fruit/Vegie Muffins+glass of milk | Crackers with cheese/cheese spread | Fruit Combo | Yoghurt/Rice Crackers | YoghurtSmoothies |
| **Late Afternoon Snack** | Apples/Crackers | Apples/Crackers | Apples/Crackers | Apples/Crackers | Apples/Crackers |

**All Children have access to fresh water throughout the day and fresh milk is also offered**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning****Tea** | Fruit Combo | Fruit Combo | Yoghurt/Fruit | Fruit Combo | Fruit Combo |
| **Lunch** | Fresh tomatoes spinach and herb pasta | Ham n Cheese Sandwiches+Side platevegetable/salad | Chicken LoafWith Vegies | Ham n Cheese Sandwiches+Side platevegetable/salad | Spaghetti +Side Salad  vegetable/salad bolognaise |
| **Afternoon****Tea** | YoghurtRice Crackers | Fruit/vegieMuffins+glass of milk | Cheese/VegiePlatter | Fruit/VegieLoaf+glass of milk | Yoghurt/Rice Crackers |
| **Late Afternoon Snack** | Apples/Crackers | Apples/Crackers | Apples/Crackers | Apples/Crackers | Apples/Crackers |

**Each day’s menu includes the daily nutritional requirements recommended by Nutrition Australia**