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| **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 plate  vegetable/salad | Beef and Vegie  pie | Ham n Cheese Sandwiches  +Side plate  vegetable/salad | French Onion  Chicken with  Vegie Rice | Ham n Cheese Sandwiches  +Side plate  vegetable/salad |
| **Afternoon** **Tea** | Cheese/Vegie  Platter | Yoghurt/  Rice Crackers | Fruit/Vegie Loaf  +glass of milk | Crackers  with cheese/  cheese spread | Yoghurt/  Rice Cakes |
| **Later Afternoon snack** | Apples/Crackers | Apples/Crackers | Apples/Crackers | Apples/Crackers | Apples/Crackers |

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| **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 plate  vegetable/salad | Spaghetti Bolognaise | Ham n Cheese Sandwiches  +Side plate  vegetable/salad | Homemade Sausage Rolls |
| **Afternoon** **Tea** | Yoghurt/  Rice Crackers | Fruit/Vegie  Muffins  +glass of milk | Fruit Combo | Cheese/Vegie  Platter | Fruit/Vegie  Loaf  + glass of milk |
| **Late Afternoon Snack** | Apples/Crackers | Apples/Crackers | Apples/Crackers | Apples/Crackers | Apples/Crackers |

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| **All hot meal recipes contain vegetables and a protein source** | | | | | |
| **Week 3** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Morning  Tea** | Fruit Combo | Fruit Combo | Yoghurt/Rice  crackers | Fruit Combo | Fruit Combo |
| **Lunch** | Ham n Cheese Sandwiches  +Side plate  vegetable/salad | Indian Mince  Curry | Ham n Cheese Sandwiches  +Side plate  vegetable/salad | Tuna n Vegie  Pasta Bake | Ham n Cheese Sandwiches  +Side plate  vegetable/salad |
| **Afternoon  Tea** | Fruit/Vegie Muffins  +glass of milk | Crackers with cheese/cheese spread | Fruit Combo | Yoghurt/  Rice Crackers | Yoghurt  Smoothies |
| **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**

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| **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 plate  vegetable/salad | Chicken Loaf  With Vegies | Ham n Cheese Sandwiches  +Side plate  vegetable/salad | Spaghetti  +Side Salad  vegetable/salad bolognaise |
| **Afternoon** **Tea** | Yoghurt  Rice Crackers | Fruit/vegie  Muffins  +glass of milk | Cheese/Vegie  Platter | Fruit/Vegie  Loaf  +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**