



Treetops School of Early Learning

WEEK 3 Children's Menu - 1 year - 5 years

NQF QUALITY AREA 2- CHILDRENS HEALTH AND SAFETY- *Healthy eating and physical activity are promoted and appropriate for each child*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	<ul style="list-style-type: none"> • Fruit Platter • Cereal and Milk 	<ul style="list-style-type: none"> • Fruit Platter • Cereal and Milk 	<ul style="list-style-type: none"> • Fruit Platter • Cereal and Milk 	<ul style="list-style-type: none"> • Fruit Platter • Cereal and Milk 	<ul style="list-style-type: none"> • Fruit Platter • Cereal and Milk
Lunch	<ul style="list-style-type: none"> • Pumpkin, Lentil and Noodle Soup • Wholemeal Bread 	<ul style="list-style-type: none"> • Chicken Lasagne al Forno 	<ul style="list-style-type: none"> • Lamb and Noodle Hot Pot 	<ul style="list-style-type: none"> • Beef Balls and Bean Sauce 	<ul style="list-style-type: none"> • Tuna Mornay
Afternoon Tea	<ul style="list-style-type: none"> • Fruit Platter • Apple Scrolls • Cup of Milk 	<ul style="list-style-type: none"> • Fruit Platter • Cheese Scones • Cup of Milk 	<ul style="list-style-type: none"> • Fruit Platter • Iron Rich Raspberry Muffins • Cup of Milk 	<ul style="list-style-type: none"> • Fruit Platter • English muffins with spreads • Cup of Milk 	<ul style="list-style-type: none"> • Fruit Platter PM • Zebra sandwiches • Cup of Milk
Late Snack	<ul style="list-style-type: none"> • Cruskits and Fruit 	<ul style="list-style-type: none"> • Cruskits and Fruit 	<ul style="list-style-type: none"> • Cruskits and Fruit 	<ul style="list-style-type: none"> • Cruskits and Fruit 	<ul style="list-style-type: none"> • Cruskits and Fruit

- ♥ Children are fed meals as directed by families according to age and development. Children are encouraged to feed themselves and try a variety of healthy foods. Educators role model and engage children in healthy eating habits and experiences.
- ♥ Children have access to drinking water throughout the day, which is offered at all mealtimes
- ♥ All allergy, dietary and cultural requirements are catered for as directed by families

Our Menus are developed in consultation with Feed Australia and the Australian Dietary Guidelines

