



Treetops School of Early Learning

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Nursery Menu- 6 months- 1 year

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"> Assorted Fruit Puree Rice Cereal 	<ul style="list-style-type: none"> Assorted Fruit Puree Rice Cereal 	<ul style="list-style-type: none"> Assorted Fruit Puree Rice Cereal 	<ul style="list-style-type: none"> Assorted Fruit Puree Rice Cereal 	<ul style="list-style-type: none"> Assorted Fruit Puree Rice Cereal
Lunch	<ul style="list-style-type: none"> Assorted Vegetable Puree 	<ul style="list-style-type: none"> Assorted Vegetable Puree 	<ul style="list-style-type: none"> Assorted Vegetable Puree 	<ul style="list-style-type: none"> Assorted Vegetable Puree 	<ul style="list-style-type: none"> Assorted Vegetable Puree
Afternoon Tea	<ul style="list-style-type: none"> Assorted Fruit Puree Rice Cereal 	<ul style="list-style-type: none"> Assorted Fruit Puree Rice Cereal 	<ul style="list-style-type: none"> Assorted Fruit Puree Rice Cereal 	<ul style="list-style-type: none"> Assorted Fruit Puree Rice Cereal 	<ul style="list-style-type: none"> Assorted Fruit Puree Rice Cereal
Late Snack	<ul style="list-style-type: none"> Assorted Vegetable Puree 	<ul style="list-style-type: none"> Assorted Vegetable Puree 	<ul style="list-style-type: none"> Assorted Vegetable Puree 	<ul style="list-style-type: none"> Assorted Vegetable Puree 	<ul style="list-style-type: none"> Assorted Vegetable Puree

- ♥ It is encouraged that children are breastfed 0-1 years. Children begin solids around 6 months old. As children progress with solids towards 1 years old they may be offered finger foods and pureed childrens menu (1 year – 5 years) as directed by the childs family
- ♥ Children are fed meals as directed by families according to age and development
- ♥ Seasonal fruit purees include apple, banana, pear, blueberry and peach
- ♥ Seasonal vegetable purees include corn, pumpkin, spinach, carrot, sweet potato, zucchini, broccoli and cauliflower
- ♥ 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

