



Treetops School of Early Learning

WEEK 2 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"> • Beef stroganoff with pasta 	<ul style="list-style-type: none"> • Tuna and Sweet Corn Bake 	<ul style="list-style-type: none"> • Chicken Chow Mein 	<ul style="list-style-type: none"> • Five Bean Stew with Pasta and Vegetables 	<ul style="list-style-type: none"> • Vegetarian fried brown rice
Afternoon Tea	<ul style="list-style-type: none"> • Fruit Platter • Iron Rich Blueberry Muffins • Cup of Milk 	<ul style="list-style-type: none"> • Fruit Platter • Tomato cheese scrolls • Cup of Milk 	<ul style="list-style-type: none"> • Fruit Platter • Herb & cheese damper • Cup of Milk 	<ul style="list-style-type: none"> • Fruit Platter • Turkish breads with dips • Cup of Milk 	<ul style="list-style-type: none"> • Fruit Platter • Cheesy rolls • 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

