



Weekly Menu



For Week Starting: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Afternoon Tea

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Notes about the Menu

Fresh water is available at all times. A fruit bowl is available at breakfast and an assorted fruit platter at afternoon tea. We cater to children's individual dietary needs, we do not serve nuts or nut products (although traces may be present), we include children's requests when devising our menu and follow the Australian Dietary Guidelines 2013.

As well as the selected menu item, breakfast always includes a choice from a variety of high fibre cereals such as Sultana Bran, Weetbix and Milo Cereal (all cereals served have a minimum Healthy star Rating of 4) or wholegrain toast with toppings.

For afternoon tea children have the option of a sandwich made with wholegrain bread or another suitable alternative if they don't want the menu item. If you need more information about the foods we provide please let us know.

