



PINEY LAKES CHILDCARE WINTER MENU-WEEK 2

*All vegetarian, dietary and cultural eating requirements can be catered for *Children have access to fresh drinking water throughout the day

*Menus are developed in line with 'Get Up and Grow' Healthy Eating and Physical Activity for Early Childhood and the Australian Dietary Guidelines

MORNING TEA
LUNCH
AFTERNOON TEA
LATE SNACK

8.30am
11.00am
2.00pm
4.30pm

<p>Fresh fruit and raw vegetable platter with either toast, cereal, porridge or English muffins and cup of milk</p>	<p>Fresh fruit and raw vegetable platter with either toast, cereal, porridge or English muffins and cup of milk</p>	<p>Fresh fruit and raw vegetable platter with either toast, cereal, porridge or English muffins and cup of milk</p>	<p>Fresh fruit and raw vegetable platter with either toast, cereal, porridge or English muffins and cup of milk</p>	<p>Fresh fruit and raw vegetable platter with either toast, cereal, porridge or English muffins and cup of milk</p>
<p>Chicken and Vegetable Pie</p>	<p>Pumpkin Soup and Wholemeal Bread</p>	<p>Beef and Vegetable Chow Mein with Noodles</p>	<p>Vegetarian Spaghetti Bolognaise</p>	<p>Tuna, Savoury Rice with Vegetables</p>
<p>Fresh fruit and raw vegetable platter, carrot and cinnamon muffins</p>	<p>Fresh fruit and raw vegetable platter, Lemon and ricotta slice</p>	<p>Fresh fruit and raw vegetable platter, cheese and crackers</p>	<p>Fresh fruit and raw vegetable platter, Apple crumble and vanilla yoghurt</p>	<p>Fresh fruit and raw vegetable platter, Blueberry muffins</p>
<p>Savoury Biscuits and Sultanas</p>	<p>Savoury Biscuits and Sultanas</p>	<p>Savoury Biscuits and Sultanas</p>	<p>Savoury Biscuits and Sultanas</p>	<p>Savoury Biscuits and Sultanas</p>

