



PINEY LAKES CHILDCARE SUMMER MENU-WEEK 3

*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 Guideline

LATE SNACK AFTERNOON TEA LUNCH MORNING TEA

8.30am 11.00am 2.00pm 4.30pm

Fresh fruit and raw vegetable platter with either toast, cereal, porridge or English muffins and cup of milk

Assorted Wholemeal Sandwiches

Fresh fruit and raw vegetable platter, Lemon and ricotta slice

Savoury Biscuits and Sultanas

Fresh fruit and raw vegetable platter with either toast, cereal, porridge or English muffins and cup of milk

Vegetarian Lasagne

Fresh fruit and raw vegetable platter, Carrot and cinnamon muffins

Savoury Biscuits and Sultanas

Fresh fruit and raw vegetable platter with either toast, cereal, porridge or English muffins and cup of milk

Beef and Vegetable Savoury Rice

Fresh fruit and raw vegetable platter, Banana and coconut scrolls

Savoury Biscuits and Sultanas

Fresh fruit and raw vegetable platter with either toast, cereal, porridge or English muffins and cup of milk

Tuna and Vegetable Risoni

Fresh fruit and raw vegetable platter, Blueberry muffins

Savoury Biscuits and Sultanas

Fresh fruit and raw vegetable platter with either toast, cereal, porridge or English muffins and cup of milk

Chicken and Vegetable Cous Cous

Fresh fruit and raw vegetable platter, Apple crumble and vanilla yoghurt

Savoury Biscuits and Sultanas

