

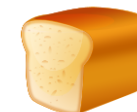
BLUEBIRD CHILD CARE CENTRE WEEKLY MENU 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	FRESH FRUIT PLATTER WITH RICE CAKES MILK/WATER	FRESH FRUIT PLATTER AND TIGER TOAST MILK/WATER	FRESH FRUIT PLATTER WITH WARM PORRIDGE MILK/WATER	FRESH FRUIT PLATTER CORN FLAKES MILK/WATER	FRESH FRUIT PLATTER AND CHEESE MELTS MILK/WATER
LUNCH	ITALIAN PIZZA MUFFINS (TOMATO SAUCE, HAM, CHEESE SLICED OLIVES, PINEAPPLE, BASIL, CAPSICUM) SAVOURY PLATTER WATER	MEXICAN NACHOS (CORN CHIPS, CHEESE, CORN KERNALS, BAKED BEANS, SALSA AND SOUR CREAM) Babies: Mexican Rice SAVOURY PLATTER WATER	ITALIAN CHEESY TUNA BAKE (PASTA, TUNA WITH MIXED VEGETABLES AND CHEESE SAUCE) BREAD AND BUTTER WATER	AMERICAN SAUSAGE & ONION CASSEROLE WITH POTATOES AND PUMPKIN (SAUSAGES, ONION, GARLIC, SWEET POTATO, PUMPKIN, CARROT, MUSHROOMS, PARSLEY, ROSEMARY IN A BEEF BASED SAUCE) BREAD AND BUTTER WATER	INDIAN BUTTER CHICKEN WITH RICE (CHICKEN, AND INDIAN CURRY VEGETABLE MIX AND RICE) BREAD AND BUTTER WATER
AFTERNOON TEA	FRESH FRUIT PLATTER GREEK YOGHURT AND FRUIT CUPS MILK/WATER	FRESH FRUIT PLATTER, ANZAC MUFFINS MILK/WATER	FRESH FRUIT PLATTER AND SAOS WITH SPREADS MILK/WATER	FRESH FRUIT PLATTER SAVOURY PLATE MILK/WATER	FRESH FRUIT PLATTER WITH OATY BANANA SLICE MILK/WATER
RECOMMENDED DIETARY INTAKES BREAD AND CEREALS 2 DAIRY FOODS AND ALTERNATIVES 3 MEAT AND MEAT ALTERNATIVES 1 FRUIT 1 VEGETABLES 2	BREAD AND CEREALS 2 DAIRY FOODS AND ALTERNATIVES 4 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 2	BREAD AND CEREALS 3 DAIRY FOODS AND ALTERNATIVES 3 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 2	BREAD AND CEREALS 4 DAIRY FOODS AND ALTERNATIVES 4 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 3	BREAD AND CEREALS 2 DAIRY FOODS AND ALTERNATIVES 2 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 5	BREAD AND CEREALS 2 DAIRY FOODS AND ALTERNATIVES 3 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 2

Reviewed 15th June 2018

Our menu is sourced from Dietary Guidelines for Children and Adolescents in Australia and Get up Grow

<http://www.nhmrc.gov.au/guidelines/publications/n29-n30-n31-n32-n33-n34>





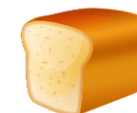
BLUEBIRD CHILD CARE CENTRE WEEKLY MENU 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	FRESH FRUIT PLATTER WITH RICE BUBBLE AND YOGHURT MILK/WATER	FRESH FRUIT PLATTER WITH RICE CAKES WITH HAM AND CHEESE MILK/WATER	FRESH FRUIT PLATTER WITH WEETBIX & MILK MILK/WATER	FRESH FRUIT AND TOASTED MUFFINS MILK/WATER	FRESH FRUIT PLATTER WITH CHEESE MELTS MILK/WATER
LUNCH	A VARIETY OF TOASTED SANDWICHES (BREAD, CHEESE, SPREADS, TOMOTO, HAM, BAKED BEANS, SPAGHETTI, AND PINEAPPLE) WATER	ITALIAN BEEFY MACARONI (MINCE, BACON, CAPSICUM, MIXED VEGETABLE IN TOMATO BASED SAUCE) BREAD AND BUTTER WATER	AUSSIE CHICKEN PARMESAN WITH CORN COBS, MASH AND BEANS (CHICKEN, PARMESAN CHEESE, CORN, POTATO AND BEANS) BREAD AND BUTTER WATER	ITALIAN CAPRESE PASTA (PASTA, TOMATO, BASIL, MOZZARELLA CHEESE IN A CREAMY SAUCE) BREAD AND BUTTER WATER	POTATO, LEEK AND SWEET CORN SOUP WITH CRUSTY BREAD (POTATO, LEEK, SWEET CORN) GARLIC BREAD WATER
AFTERNOON TEA	FRESH FRUIT PLATTER WITH CHOCOLATE AND BEETROOT CAKE MILK/WATER	FRESH FRUIT PLATTER WITH SAVORY PLATTER MILK/WATER	FRESH FRUIT PLATTER STIX & DIP MILK/WATER	FRESH FRUIT PLATTER SAO CRACKERS AND SPREADS MILK/WATER	FRESH FRUIT PLATTER WITH MUESLI SLICE MILK/WATER
RECOMMENDED DIETARY INTAKES BREAD AND CEREALS 2 DAIRY FOODS AND ALTERNATIVES 3 MEAT AND MEAT ALTERNATIVES 1 FRUIT 1 VEGETABLES 2	BREAD AND CEREALS 3 DAIRY FOODS AND ALTERNATIVES 2 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 2	BREAD AND CEREALS 2 DAIRY FOODS AND ALTERNATIVES 3 MEAT AND MEAT ALTERNATIVES 2 FRUIT 2 VEGETABLES 4	BREAD AND CEREALS 3 DAIRY FOODS AND ALTERNATIVES 2 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 3	BREAD AND CEREALS 4 DAIRY FOODS AND ALTERNATIVES 2 MEAT AND MEAT ALTERNATIVES 0 FRUIT 2 VEGETABLES 2	BREAD AND CEREALS 4 DAIRY FOODS AND ALTERNATIVES 2 MEAT AND MEAT ALTERNATIVES 0 FRUIT 2 VEGETABLES 3

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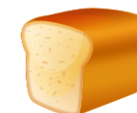
BLUEBIRD CHILD CARE CENTRE WEEKLY MENU 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	FRESH FRUIT PLATTER WITH CORNFLAKES MILK/WATER	FRESH FRUIT PLATTER SERVED WITH FRUIT TOAST MILK/WATER	FRESH FRUIT PLATTER WITH GRANOLA AND YOGHURT MILK/WATER	FRESH FRUIT PLATTER WITH SAOS MILK/WATER	FRESH FRUIT PLATTER TOAST WITH SPREADS MILK/WATER
LUNCH	ITALIAN TOMATO AND BACON RIGATONI (TOMATO, ONION, BACON, PASTA) CRUSTY BREAD WATER	AUSSIE CRUMB FISH & CORN COBS, CARROTS, BROCCOLI, CAULIFLOWER CHEESE (FISH, CORN, BROCCOLI, CAULIFLOWER, CARROTS) WATER	RUSSIAN BEEF STROGANOFF WITH FETTUCINI (BEEF, MUSHROOMS WITH A CREAMY SAUCE) BREAD AND BUTTER WATER	AUSSIE TOASTED WRAPS (WRAPS, SWEET POTATO, PUMPKIN) BREAD AND BUTTER WATER	CHINESE CHICKEN VERMICELI NOODLE SOUP (CHEESE, MEATS, BAKED BEANS, PINEAPPLE, TOMATO) Garlic Bread WATER
AFTERNOON TEA	FRESH FRUIT PLATTER WITH MILO CUPCAKES MILK/WATER	FRESH FRUIT PLATTER SAOS MILK/WATER	FRESH FRUIT PLATTER ZUCCHINI AND CHEDDAR SCONES MILK/WATER	FRESH FRUIT PLATTER WITH BRAIN FOOD MILK/WATER	FRESH FRUIT PLATTER PIZZA BITES MILK/WATER
RECOMMENDED DIETARY INTAKES BREAD AND CEREALS 2 DAIRY FOODS AND ALTERNATIVES 3 MEAT AND MEAT ALTERNATIVES 1 FRUIT 1 VEGETABLES 2	BREAD AND CEREALS 3 DAIRY FOODS AND ALTERNATIVES 2 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 2	BREAD AND CEREALS 2 DAIRY FOODS AND ALTERNATIVES 2 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 4	BREAD AND CEREALS 3 DAIRY FOODS AND ALTERNATIVES 3 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 2	BREAD AND CEREALS 3 DAIRY FOODS AND ALTERNATIVES 2 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 2	BREAD AND CEREALS 3 DAIRY FOODS AND ALTERNATIVES 3 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 2

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BLUEBIRD CHILD CARE CENTRE WEEKLY MENU 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	FRESH FRUIT PLATTER WITH WEETBIX & MILK MILK/WATER	FRESH FRUIT PLATTER WITH HAM AND CHEESE MELTS MILK/WATER	FRESH FRUIT AND PORRIDGE MILK/WATER	FRESH FRUIT PLATTER WITH SAOS MILK/WATER	FRESH FRUIT PLATTER WITH HASH BROWNS MILK/WATER
LUNCH	A VARIETY OF SANDWICHES (BREAD, HAM, BUTTER, CARROT, CHEESE, LETTUCE) BREAD AND BUTTER WATER	ITALIAN TUSCAN CHICKEN MACARONI AND CHEESE (CHICKEN,GARLIC,SUN DRIED TOMATOES,SPINACH,WHITE SAUCE PASTA AND CHEESE) BREAD AND BUTTER WATER	SAVOURY MINCE WITH MASHED POTATO (MINCE BEEF, MIXED VEGETABLES, WITH NOODLES) BREAD AND BUTTER WATER	TUNA COTTAGE PIE (TUNA,PASTA,PEAS,CARROTS,CORN IN A CHEESE SAUCE TOPPED WITH MASHED POTATO) BREAD AND BUTTER WATER	RISOTTO (RICE, MIXED VEGETABLES IN CREAMY SAUCE) BREAD AND BUTTER WATER
AFTERNOON TEA	FRESH FRUIT PLATTER PINEAPPLE AND COCONUT MUFFINS MILK/WATER	FRESH FRUIT PLATTER WITH VEGETABLE PLATTER MILK/WATER	FRESH FRUIT SALAD MONKEY TAILS MILK/WATER	FRESH FRUIT AND SAVOURY PLATTER MILK/WATER	FRESH FRUIT PLATTER BANANA CAKE MILK/WATER
RECOMMENDED DIETARY INTAKES BREAD AND CEREALS 2 DAIRY FOODS AND ALTERNATIVES 3 MEAT AND MEAT ALTERNATIVES 1 FRUIT 1 VEGETABLES 2	BREAD AND CEREALS 3 DAIRY FOODS AND ALTERNATIVES 3 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 2	BREAD AND CEREALS 2 DAIRY FOODS AND ALTERNATIVES 3 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 3	BREAD AND CEREALS 3 DAIRY FOODS AND ALTERNATIVES 3 MEAT AND MEAT ALTERNATIVES 2 FRUIT 2 VEGETABLES 3	BREAD AND CEREALS 3 DAIRY FOODS AND ALTERNATIVES 2 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 3	BREAD AND CEREALS 3 DAIRY FOODS AND ALTERNATIVES 2 MEAT AND MEAT ALTERNATIVES 1 FRUIT 2 VEGETABLES 3

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