



Treetops School of Early Learning

WEEK 1 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"> • Creamy Chicken and Vegetable Risotto | <ul style="list-style-type: none"> • Beef and Vegetable Pie | <ul style="list-style-type: none"> • Vegetable Lentil Bolognaise | <ul style="list-style-type: none"> • Tuna and Vegetable Macaroni Bake | <ul style="list-style-type: none"> • Bobotie |
| Afternoon Tea | <ul style="list-style-type: none"> • Fruit Platter • Cheese and Spinach Muffins • Cup of Milk | <ul style="list-style-type: none"> • Fruit Platter • Banana Bread • Cup of Milk | <ul style="list-style-type: none"> • Fruit Platter • Vegetable platter, rice crackers and cheese • 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 • Banana Pikelets • 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

