

# Stirling Community ELC Winter MENU – WEEK 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Morning Tea</u></b> Drink: Milk/Water	<u>Winter Fruit Platter, Cheese, Rice Thins</u>	<u>Fruit Toast With Banana</u>	<u>Winter Fruit Platter Rice Thins and Cheese</u>	<u>Cheese and Ham Toasties Pear Slices</u>	<u>Homemade Dips, Rice Crackers with Apple and Cucumber Slices</u>
<b><u>Lunch</u></b> Drink: Water	<u>Beef Fried Rice</u> <i>Beef mince, eggs, soy sauce, carrot, capsicum, corn, onion</i>	<u>Beef &amp; Two Bean Chilli with Sour Cream</u> <i>Beef mince, chickpeas, black beans, tomato, cheese, corn tortilla</i>	<u>Fish Pie</u> <i>White fish, broccoli, onion, peas, mashed potato, cheese</i>	<u>Middle Eastern Chicken and Chickpea Soup with Warm Rolls</u> <i>Chicken breast, spinach, feta</i>	<u>Risotto</u> <i>Ham, peas, onion, parmesan</i>
<b>Infants Lunch</b> Drink: Water	<u>AS ABOVE</u> <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided	<u>AS ABOVE</u> <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided	<u>AS ABOVE</u> <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided	<u>AS ABOVE with Pasta</u> <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided	<u>AS ABOVE</u> <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided
<b>Alternate Lunch</b> (Allergy specific/Dietary restrictions)	<u>AS ABOVE</u> Vegetarian Fried Rice, Soy Free, Egg Free	<u>AS ABOVE</u> Three Bean Chilli, DF option	<u>AS ABOVE</u> Vegetable Pie, DF option	<u>AS ABOVE</u> Vegetable Pie, DF option	<u>AS ABOVE</u> Vegetarian risotto, DF option
<b><u>Afternoon Tea</u></b> Drink: Milk/Water	<u>Pear Crumble Vanilla Yoghurt</u>	<u>Winter Fruit Platter Rice Thins, Nuttelex</u>	<u>Date and Apricot Slice</u>	<u>Apple, Cucumber, Cheese &amp; Crackers</u>	<u>Mixed Berry Muffins</u>
<b>Alternate MT/AT</b> (Allergy specific/Dietary restrictions)	<u>AS ABOVE</u> GF flour/oats, DF yoghurt	<u>AS ABOVE</u> GF bread	<u>AS ABOVE</u> GF flour, DF option	<u>AS ABOVE</u> GF bread, DF option	<u>AS ABOVE</u> DF dip, Egg free, GF flour, DF
<b><u>Late Snack</u></b> Drink: Water	<u>Cherry tomatoes, Cucumber Sticks, Oranges</u>	<u>Cherry Tomatoes, Cucumber Sticks</u>	<u>Cucumber Sticks, Cherry Tomatoes, Oranges</u>	<u>Cherry Tomatoes, Cucumber Sticks</u>	<u>Cucumber Sticks, Cherry Tomatoes, Rice Crackers</u>

The Education and Care Services National Regulations (79) require that education and care services ensure food and beverages are nutritious and adequate in quantity and is appropriate for each child's growth and development needs and culture, religious or health requirements.

The Australian Dietary Guidelines recommend that the centre's menu should include the following foods over a **two-week cycle** in order to meet the nutritional needs of the children:

- 4 serves of lean red meat
- 2 serves lean pork/poultry
- 1 vegetarian meal
- 1 serve fish

The Australian Dietary Guidelines also recommend that the centre's menu should include the following on a **daily basis**:

- 2 serves vegetables and/or legumes
- 1 serve fruit
- 2 serves full cream dairy and/or alternatives
- 2 serves of grains

# Stirling Community ELC Winter MENU – WEEK 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Morning Tea</u></b> Drink: Milk/Water	<u>Winter Fruit Salad, Toasted Coconut Yoghurt</u>	<u>Warmed Crumpets with Cinnamon and Banana</u>	<u>Layered Coconut and Blueberry Yoghurt</u>	<u>Winter Fruit Platter, Cheese, Cucumber, Crackers</u>	<u>Wholemeal Muffins Pear and Apple Slices</u>
<b><u>Lunch</u></b> Drink: Water	<u>Sausage and Bean Casserole with Warmed Rolls</u> <i>Pork sausages, tomatoes, carrots, cannellini beans</i>	<u>Hearty Vegetable Soup Warmed Rolls</u> <i>Carrots, onion, celery, pumpkin, beans</i>	<u>Minced Beef Quiche Peas</u> <i>Beef mince, eggs, cheese, tomato, cucumber</i>	<u>Chicken Curry with Brown Rice and Peas</u> <i>Chicken breast, coconut cream, broccoli</i>	<u>Gnocchi Bolognese Salad</u> <i>Beef mince, potato, carrot, tomato, parmesan, lettuce, cucumber, capsicum</i>
<b>Infants Lunch</b> Drink: Water	<u>AS ABOVE</u> <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided	<u>AS ABOVE Served on Mashed Sweet Potato</u> <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided	<u>AS ABOVE</u> <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided	<u>AS ABOVE</u> <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided	<u>AS ABOVE</u> <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided
<b>Alternate Lunch</b> (Allergy specific/Dietary restrictions)	<u>AS ABOVE</u> Vegetarian Casserole, GF bread	<u>AS ABOVE</u> GF bread	<u>AS ABOVE</u> Egg free pie, Vegetarian quiche	<u>AS ABOVE</u> Vegetarian curry	<u>AS ABOVE</u> Gnocchi Napoletana
<b><u>Afternoon Tea</u></b> Drink: Milk/Water	<u>Eve's Pudding</u>	<u>Winter Grazing Platter With Homemade Dips</u>	<u>Winter Fruit Platter, Cheese &amp; Crackers</u>	<u>Toasted Banana Bread</u>	<u>Ham and Cheese Scones</u>
<b>Alternate MT/AT</b> (Allergy specific/Dietary restrictions)	<u>AS ABOVE</u> GF flour/oats, DF yoghurt	<u>AS ABOVE</u> GF crumpets, DF dips	<u>AS ABOVE</u> DF yoghurt	<u>AS ABOVE</u> DF option, GF flour, Egg free	<u>AS ABOVE</u> DF option, GF, Egg free, Ham free
<b><u>Late Snack</u></b> Drink: Water	<u>Cherry tomatoes, Cucumber Sticks, Cheese Slices</u>	<u>Cherry Tomatoes, Cucumber Sticks</u>	<u>Cucumber Sticks, Cherry Tomatoes, Oranges</u>	<u>Cherry Tomatoes, Oranges</u>	<u>Oranges, Cherry Tomatoes, Rice Crackers</u>

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- 2 serves full cream dairy and/or alternatives
- 2 serves of grains