

Stirling Community ELC Winter MENU – WEEK 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Tea</u> Drink: Milk/Water	<u>Winter Fruit Platter, Cheese, Cucumber, Crackers</u>	<u>Layered Coconut and Blueberry Yoghurt</u>	<u>Toasted Fruit Bread</u>	<u>Homemade Dips, Crackers, Cheese</u>	<u>Winter Fruit Platter</u> <u>Sweet Yoghurt Dip</u>
<u>Lunch</u> Drink: Water	<u>Meatballs with Quinoa</u> <i>Beef, tomato, coconut, corn, peas, parmesan</i>	<u>Yellow Fish Curry with Brown Rice and Peas</u> <i>White fish, coconut cream, broccoli</i>	<u>Deconstructed Lasagne</u> <i>Beef mince, tomato, onion, parmesan, bechamel</i>	<u>Vegetable Hot Pot</u> <i>Leeks, pumpkin, lentils, broccoli, pasta</i>	<u>Hearty Beef Tortellini Soup Warmed Rolls</u> <i>Pasta, beans, stock, parmesan</i>
Infants Lunch Drink: Water	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed Vegetables, soft finger foods provided</u>	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed Vegetables, soft finger foods provided</u>	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed Vegetables, soft finger foods provided</u>	<u>AS ABOVE Served on Mashed Sweet Potato</u> <u>Alternative- Mashed/pureed Vegetables, soft finger foods provided</u>	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed Vegetables, soft finger foods provided</u>
Alternate Lunch (Allergy specific/Dietary restrictions)	<u>AS ABOVE</u> <i>Pumpkin and Quinoa</i>	<u>AS ABOVE</u> <i>Vegetarian curry</i>	<u>AS ABOVE</u> <i>Vegetarian lasagne, DF option, GF pasta</i>	<u>AS ABOVE</u> <i>GF pasta</i>	<u>AS ABOVE</u> <i>GF pasta, Vegetable tortellini, DF</i>
<u>Afternoon Tea</u> Drink: Milk/Water	<u>Homemade Ginger Biscuits</u> <u>Pear Slices</u>	<u>Date and Apricot Slice</u> <u>Apple Slices</u>	<u>Winter Fruit Platter</u> <u>Cheese, Crackers</u>	<u>Winter Fruit Platter With Rice Thins</u>	<u>Digestive Biscuits with Apple Slices, Cheese</u>
Alternate MT/AT (Allergy specific/Dietary restrictions)	<u>AS ABOVE</u> <i>GF flour</i>	<u>AS ABOVE</u> <i>DF yoghurt, GF flour</i>	<u>AS ABOVE</u> <i>GF bread</i>	<u>AS ABOVE</u> <i>DF Dips</i>	<u>AS ABOVE</u> <i>DF and GF biscuits</i>
Late Snack Drink: Water	<u>Cherry tomatoes, Cucumber Sticks, Oranges</u>	<u>Cherry Tomatoes, Cucumber Sticks, Cheese Slices</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 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Tea</u> <i>Drink: Milk/Water</i>	<u>Warmed Crumpets with 'Jam'</u>	<u>Fruit Platter</u> <u>Rice Thins with Nuttelex</u>	<u>Winter Fruit Platter,</u> <u>Cheese, Cucumber,</u> <u>Crackers</u>	<u>Layered Coconut and</u> <u>Blueberry Yoghurt</u>	<u>Wholemeal Muffins</u> <u>Pear and Apple Slices</u>
<u>Lunch</u> <i>Drink: Water</i>	<u>Chicken Pasta Salad</u> <u>Warmed Rolls</u> <i>Broccoli, Carrot, Peas, Capsicum, Chicken, Pasta</i>	<u>Pork Stir Fry with Brown</u> <u>Rice</u> <i>Pork mince, soy sauce, carrot, capsicum, peas, corn, onion</i>	<u>Tomato Soup with</u> <u>Warmed Rolls</u> <i>Tomato, onion, carrot, basil, pasta</i>	<u>Savoury Mince with</u> <u>Baked Potatoes</u> <i>Beef mince, tomato, carrot, mushroom</i>	<u>Homemade Sausage</u> <u>Rolls with Homemade</u> <u>Baked Beans</u> <i>Pork and veal mince, sage, onion, puff pastry, beans, tomato</i>
<u>Infants Lunch</u> <i>Drink: Water</i>	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed</u> <i>Vegetables, soft finger foods provided</i>	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed</u> <i>Vegetables, soft finger foods provided</i>	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed</u> <i>Vegetables, soft finger foods provided</i>	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed</u> <i>Vegetables, soft finger foods provided</i>	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed</u> <i>Vegetables, soft finger foods provided</i>
<u>Alternate Lunch</u> <i>(Allergy specific/Dietary restrictions)</i>	<u>AS ABOVE</u> <i>Vegetarian option, GF pasta</i>	<u>AS ABOVE</u> <i>Vegetable Stir Fry, Soy free</i>	<u>AS ABOVE</u> <i>GF pasta and rolls</i>	<u>AS ABOVE</u> <i>Vegetarian option</i>	<u>AS ABOVE</u> <i>Vegetable rolls, GF pastry</i>
<u>Afternoon Tea</u> <i>Drink: Milk/Water</i>	<u>Winter Fruit Platter</u> <u>Cheese, Rice Crackers</u>	<u>Cheese and Ham</u> <u>Scones</u>	<u>Peach Crumble</u> <u>Vanilla Yoghurt</u>	<u>Eve's Pudding</u> <u>Winter Fruits</u>	<u>Fruit Fondu with Cream</u> <u>Cheese Dip and Toasted</u> <u>Coconut</u>
<u>Alternate MT/AT</u> <i>(Allergy specific/Dietary restrictions)</i>	<u>AS ABOVE</u> <i>GF crumpets</i>	<u>AS ABOVE</u> <i>GF, Egg free, Ham free</i>	<u>AS ABOVE</u> <i>GF flour, DF</i>	<u>AS ABOVE</u> <i>DF yoghurt, GF flour</i>	<u>AS ABOVE</u> <i>GF muffins, DF dip</i>
<u>Late Snack</u> <i>Drink: Water</i>	<u>Cherry tomatoes,</u> <u>Cucumber Sticks,</u> <u>Oranges</u>	<u>Cherry Tomatoes,</u> <u>Cucumber Sticks</u>	<u>Cucumber Sticks,</u> <u>Cherry Tomatoes,</u> <u>Oranges</u>	<u>Cherry Tomatoes,</u> <u>Cucumber Sticks,</u> <u>Cheese Slices</u>	<u>Cucumber Sticks,</u> <u>Cherry Tomatoes, Rice</u> <u>Crackers</u>

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