

winter menu

# nutritional INFORMATION



PARAFIELD AIRPORT  
early learning  
centre

## breakfast

PROVIDES (MINIMUM):  
1-2 SERVE OF BREADS & CEREALS  
1 SERVE OF DAIRY (MILK)  
1 SERVE OF FRUIT\*

## morning tea

PROVIDES (MINIMUM):  
1-2 SERVE OF FRUIT  
0-2 SERVES OF VEGETABLES  
1-2 SERVES OF DAIRY\*

## lunch

PROVIDES (MINIMUM):  
0-1 SERVE OF FRUIT  
0-3 SERVES OF VEGETABLES  
1-2 SERVES OF PROTEIN  
0-2 SERVES OF BREADS & CEREALS\*

## afternoon tea

PROVIDES (MINIMUM):  
0-1 SERVE OF FRUIT  
0-2 SERVES OF VEGETABLES  
1-2 SERVES OF PROTEIN  
0-2 SERVES OF BREADS & CEREALS\*

\*AMOUNT OF SERVES PROVIDED DEPENDS ON AMOUNT OF  
FOOD CONSUMED BY CHILDREN AND THE PORTION SIZES.  
DOES NOT INCLUDE THE CHILDREN'S INTAKE FROM OTHER  
MEALS THROUGHOUT THE DAY.



























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# Spring Menu (Sample)

WEEK 1

	monday	tuesday	wednesday	thursday	friday
breakfast	 <b>Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.</b>	 <b>Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.</b>	 <b>Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.</b>	 <b>Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.</b>	 <b>Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.</b>
morning tea	 <b>Fresh Fruit and Yoghurt</b>  <small>(ALTERNATE YOGURT SUPPLIED FOR ALLERGIES/INTOLERANCES)</small>	 <b>Fruit Platter with Yoghurt Sultanas</b>  <small>(ALTERNATE YOGURT SUPPLIED FOR ALLERGIES/INTOLERANCES)</small>	 <b>Fresh Fruit and Cheese/Yogurt</b>  <small>(ALTERNATE YOGURT SUPPLIED FOR ALLERGIES/INTOLERANCES)</small>	 <b>Fresh Fruit with Yogurt</b>  <small>(ALTERNATE YOGURT SUPPLIED FOR ALLERGIES/INTOLERANCES)</small>	 <b>Fresh Fruit and Cheese/Yogurt</b>  <small>(ALTERNATE YOGURT SUPPLIED FOR ALLERGIES/INTOLERANCES)</small>
lunch	 <b>Tuna Mornay with Rice</b>  <small>INGREDIENTS: CHEESE, MILK, MIXED VEGETABLES, RICE, TUNA (FISH)  (ALTERNATE CHEESE AND MILK USED FOR ALLERGIES/INTOLERANCES)</small>	 <b>Apricot Chicken with Vegetables and Rice</b>  <small>INGREDIENTS: CHICKEN, MIXED VEG, RICE, FRENCH ONION SOUP, APRICOT NECTAR</small>	 <b>Sausages and Potato Mash with Veg</b>  <small>INGREDIENTS: POTATOES, SAUSAGES, MIXED VEGETABLES</small>	 <b>Creamy Chicken Carbonara with Vegetables and Pasta</b>  <small>INGREDIENTS: CHICKEN, MIXED VEGETABLES, COCONUT CREAM, CHICKEN STOCK, PASTA</small>	 <b>Mixed Sandwiches with cheese and Vegetable Sticks</b>  <small>INGREDIENTS: BREAD, HAM, CHEESE, LETTUCE, TOMATO, FRITZ, GRATED CARROT, CHICKEN, JAM, VEGETABLE, CUCUMBER, CHEESE, CARROT AND CUCUMBER STICKS</small>
afternoon snack	 <b>Carrot Cake</b>  <small>INGREDIENTS: GRATED CARROT, VANILLA CAKE MIX, SOY MILK</small>	 <b>Apple Crumble with Custard</b>  <small>INGREDIENTS: ROLLED OATS, BROWN SUGAR, MARGARINE, COOKED APPLE, CINNAMON, CUSTARD / YOGHURT  (ALTERNATE YOGURT SUPPLIED FOR ALLERGIES/INTOLERANCES)</small>	 <b>Pumpkin Scones served with Butter</b>  <small>INGREDIENTS: SR FLOUR, PUMPKIN PUREE, MARGARINE, DAIRY FREE MILK</small>	 <b>Pizza Scrolls</b>  <small>INGREDIENTS: PUFF PASTRY, TOMATO PASTE, SHREDDED HAM AND CHEESE) DF OPTION MADE WITH VEGAN CHEESE</small>	 <b>Zucchini Chocolate Cake</b>  <small>INGREDIENTS: ZUCCHINI, VANILLA CAKE MIX, SOY MILK</small>
late snack	 <b>Crackers, Sultanas and Milk Biscuits</b>	 <b>Crackers, Sultanas and Milk Biscuits</b>	 <b>Crackers, Sultanas and Milk Biscuits</b>	 <b>Crackers, Sultanas and Milk Biscuits</b>	 <b>Crackers, Sultanas and Milk Biscuits</b>

BREAKFAST IS OFFERED UNTIL 8AM. LATE SNACK IS SERVED BETWEEN 4:30PM & 5PM AND IS A CHOICE FROM RICE CRACKERS, SULTANAS, MILK BISCUITS OR LEFTOVERS FROM AFTERNOON TEA THAT DAY.

CHILDREN ARE OFFERED CRACKERS OR FRUIT THROUGHOUT THE DAY IF HUNGRY BETWEEN MEALS AND SNACKS. MILK IS AVAILABLE AND OFFERED AFTER EACH MAIN MEAL.

CHILDREN ARE ALSO OFFERED A SANDWICH AT LUNCH TIME IF THEY DO NOT WISH TO EAT THE MEAL SERVED. EVERYTHING IN THIS MENU IS ADAPTABLE TO ALL CHILDREN'S DIETARY NEEDS AND/OR ALLERGIES.



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