

Chef for Kids Menu

WEEKLY MENU SUMMARY

- ✓ 2 Serves white meat - chicken or fish (3 serves per fortnight*)
- ✓ 2 serves red meat - (2 serves per week*)
- ✓ 1 serve vegetarian - (1 serve per week*) High in vitamin C & Iron
- ✓ 6 serves dairy provided - (it is recommended that additional milk is offered at morning & afternoon tea if required to make up 2 serves per day*)

NOTE
All items on this menu are
100% nut free

REFER TO INGREDIENTS BOOKLET FOR ALL MENU ITEMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	<p>Pumpkin & feta muffin</p> <p>Fresh fruit</p> <p>Tomato salsa & corn chips</p>	<p>Three cheese garlic bread</p> <p>Fresh fruit</p> <p>Rice crackers, cheddar cheese</p> <p>Sultanas</p>	<p>Bbq chicken & pineapple scroll</p> <p>Fresh fruit</p> <p>Hummus & raw veggies</p>	<p>Corn & spinach scones</p> <p>Fresh fruit</p> <p>Rice crackers, cheddar cheese</p> <p>Sultanas</p>	<p>Tandoori chicken pizza stick</p> <p>Fresh fruit</p> <p>Tomato salsa & corn chips</p>
Lunch	<p>Hawaiian pizza</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>	<p>Bacon, tomato, zucchini & pea pasta</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>	<p>Spiced lentil & veggie pie</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>	<p>Mild green chicken curry rice</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>	<p>Zucchini, sweet potato & bacon slice</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>
Afternoon Tea	<p>Oat flapjack</p> <p>Rice crackers, cheddar cheese</p> <p>Sultanas</p>	<p>Lemon coconut cookie</p> <p>Tomato salsa & corn chips</p>	<p>Raw chocolate cherry coconut bars</p> <p>Rice crackers, cheddar cheese</p> <p>Sultanas</p>	<p>Vanilla cookie</p> <p>Tomato salsa & corn chips</p>	<p>Mixed berry cake</p> <p>Rice crackers, cheddar cheese</p> <p>Sultanas</p>

*The Chef For Kids menu has been created to comply with criteria set by the following, Australian Dietary Guidelines, get Up and Grow, The Australian Guide to Healthy Eating and the National Quality Standard. This menu provides a minimum of 50% of the recommended daily intake of all nutrients required for each day while in care. The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages.

Chef for Kids Menu

NOTE
All items on dietary menu only are **100% egg free**
Coconut is preservative free

Gluten free **GF**
Dairy free **DF**
Lactose free **LF**
Vegetarian **VG**
Vegan **V**
All chef for kids menus are 100% nut free

REFER TO INGREDIENTS BOOKLET FOR ALL MENU ITEMS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Flapjack VG V GF DF LF	Raw bounty bar VG V GF DF LF	Raw choc-cherry coconut bars VG V GF DF LF	Raw apple & muesli slice VG V GF DF LF	GF passionfruit strawberry muffin VG V GF DF LF
	Fresh fruit VG V GF DF LF	Fresh fruit VG V GF DF LF	Fresh fruit VG V GF DF LF	Fresh fruit VG V GF DF LF	Fresh fruit VG V GF DF LF
	Tomato salsa & corn chips VG V GF DF LF	Hummus & raw veggies VG V GF DF LF	Tomato salsa & corn chips VG V GF DF LF	Hummus & raw veggies VG V GF DF LF	Tomato salsa & corn chips VG V GF DF LF
Lunch	Rice & chickpeas w/ apricots, sultanas, cucumber & parsley VG V GF DF LF (For vegetarian and vegan children, protein is provided in no nut butter for afternoon tea)	GF pasta tomato & zucchini sauce w/ peas VG V GF DF LF (For vegetarian and vegan children, protein is provided in no nut butter for afternoon tea)	Veggie shepards pie VG V GF DF LF (For vegetarian and vegan children, protein is provided in no nut butter for afternoon tea)	Mild green veggie curry rice VG V GF DF LF (For vegetarian and vegan children, protein provided in no nut butter for afternoon tea)	Mixed nori rolls VG V GF DF LF (For vegetarian and vegan children, protein provided in no nut butter for afternoon tea)
	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</i> For all children with allergies and intolerances	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</i> For all children with allergies and intolerances an individual sandwich will be made.	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</i> For all children with allergies and intolerances an individual sandwich will be made.	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</i> For all children with allergies and intolerances an individual sandwich will be made.	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</i> For all children with allergies and intolerances an individual sandwich will be made.
Afternoon Tea	Rice crackers VG V GF DF LF	Rice crackers VG V GF DF LF	Rice crackers VG V GF DF LF	Rice crackers VG V GF DF LF	Rice crackers VG V GF DF LF
	Sultanas VG V GF DF LF	Sultanas VG V GF DF LF	Sultanas VG V GF DF LF	Sultanas VG V GF DF LF	Sultanas VG V GF DF LF
	Cheese VG GF	Cheese VG GF	Cheese VG GF	Cheese VG GF	Cheese VG GF
	Full cream yoghurt VG GF EF	Full cream yoghurt VG GF EF	Full cream yoghurt VG GF EF	Full cream yoghurt VG GF EF	Full cream yoghurt VG GF EF
	Coconut yoghurt VG V GF DF LF	Coconut yoghurt VG V GF DF LF	Coconut yoghurt VG V GF DF LF	Coconut yoghurt VG V GF DF LF	Coconut yoghurt VG V GF DF LF

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