

Macquarie Child Care Centre

Summer MENU - WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea served with milk and water	Fresh Fruit	Raisin Toast	Fresh Fruit	Pancakes	Fresh Fruit
Morning Tea 0 - 1 Years	Puree Fruit +/-or Farex	Puree Fruit +/-or Farex	Puree Fruit +/-or Farex	Puree Fruit +/-or Farex	Puree Fruit +/-or Farex
Lunch 0 - 1 Years	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables
Lunch 1 - 5 Years Drink - Water	Gnocchi alfredo (bacon, mushrooms, peas)	Spaghetti Bolognese with bush tomato served with garlic brad	Mustard chicken with rice and vegetables	Beef Burritos with lettuce, cheese, tomato, capsicum	Sausages and mash potatoes served with fresh garden salad
Afternoon Tea served with milk and water	Vegetables sticks with dip and rice crackers	Fresh Fruit	Saos with tomato and cheese	Fresh Fruit	Cheese and vegemite scrolls

The Education and Care Services National Regulations (Clause 79) requires that approved provider of an education and care service must ensure that the food or beverage provided is nutritious and adequate in quantity taking into account each child's growth, development needs and any specific cultural, religious and health requirements.