

Macquarie Child Care Centre

Winter MENU - WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea served with milk and water	Weetabix with milk	Fresh Fruit	Yoghurt with cereal	Fresh Fruit	Raisin Toast
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 All meals served with wholemeal bread and margarine unless otherwise stated	Penne Pasta with creamy bacon and mushroom sauce	Homemade Pizza - topped with cheese, mushrooms, pineapple, tomatoes, capsicum, onion etc.	Beef Sausage Sizzle with a various vegetables	Apricot chicken stir fry with vegetable and rice	Baked fish with lemon myrtle served with steamed vegetables
Afternoon Tea served with milk and water	Rice Crackers with Dip and veggie sticks	Fresh Fruit	Cheese and vegemite scrolls	Savory Muffins	Fresh Fruit

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.