

Appletree House Child Care & Education Centre

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables
	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Lunch	Parmesan Crumbed Hoki	Vegetarian Quiche	Lamb & Spinach Meatballs	Chilli Con Carne	Chicken Surprise
	Vegetables	Vegetables	Pasta & Vegetables	Rice & Vegetables	Vegetables
	Sliced Bread	Sliced Bread	Sliced Bread	Sliced Bread	Sliced Bread
	Water	Water	Water	Water	Water
Afternoon Tea	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Sliced Peaches
	English Muffins	Cheese & Crackers	Rice Cakes	Vegemite Toast	Vanilla Yoghurt
	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water

Nursery: As above with pureed/mashed fruit and vegetables to suit individual needs.

Late snack: Fresh Fruit will be available for children.
Nursery will be provided with a variety of age appropriate snacks, fruit, toast or yoghurt.