

# Federation Children's Centres

## Sample Menu

Meals at Federation Children's Centres are carefully planned to ensure the children have a balanced and varied diet, and to ensure food and drink offered are nutritious and culturally appropriate. Healthy eating habits are promoted to the children. Please ensure staff are aware of any special dietary requirements your child has. Weekly menu's are displayed in advance in the kitchen, so you are aware what your child is eating.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA. MILK &amp; WATER OFFERED</b>	YOGHURT & TINNED FRUIT (Soy yoghurt available)	VEGETABLE PLATTER (gluten free kabana, tomato, cheese, celery, cucumber, carrot, sakatas/rice cakes & dip)	BANANAS & CUSTARD (soy yoghurt for dairy free children)	DRY BISCUITS WITH SPREAD (saladas, clix, savoys, cruskits, rice cakes)	MIXED CEREALS WITH MILK (Cornflakes & weetbix)
<b>1ST COURSE. WATER OFFERED</b>	LASAGNE CASSEROLE Babies-Also have freshly cooked vegies	BAKED BEAN & SPAGHETTI BASKETS Babies-Also have freshly cooked vegies	BACON & PUMPKIN PASTA WITH BREAD STICK Babies-Also have freshly cooked vegies	VEGETABLE ROLLS/GLUTEN FREE ROLLS. Babies-Also have freshly cooked vegies	CHICKEN & HOISIN NOODLES. Babies-Also have freshly cooked vegies
<b>2ND COURSE</b>	FRESH FRUIT PLATTER	FRESH FRUIT PLATTER	FRESH FRUIT PLATTER	FRESH FRUIT PLATTER	FRESH FRUIT PLATTER
<b>AFTERNOON TEA. MILK &amp; WATER OFFERED</b>	RAISIN BREAD (gluten free sandwiches available)	MIXED SANDWICHES (vegemite, cheese, jam, honey, cheese spread)	CARROT & ZUCCHINI CAKE (vanilla cake with carrot & zucchini)	YOGHURT & TINNED FRUIT (Soy yoghurt available)	DRY FRUIT PLATTER (sultanas, dates, apricots, apple, pear, nutri-grain, sakatas/clix)

All Meals are served with water and milk is available for children daily. A late snack is available for the children at the centre after 5pm if needed. Fruit is also available throughout the day (which has been brought from home to share) from the room fruit baskets.  
**Alternate meals are available for children with diagnosed allergies, vegetarian and religious requirements.**