



Tree House Childcare Centre Spring / Summer Menu Weekly Menu (1 – 5 year olds)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter
Drinks	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water
Lunch	Corn & Ham Rolls with Green Salad	Spicy Beef & Vegetable Loaf	Hawaiian Meatballs Capsicum Sticks & Tomato Wedges MMI	Hokkien Noodle & Beef Stir Fry MMI	Spinach & Ricotta Frittata Tossed Salad Wholemeal Triangles MMI
Drinks	Water	Water	Water	Water	Water
Afternoon Tea	Corn Cakes with Cheese Slice	Wholemeal Sandwiches with Cheese & Vegemite	Pita Bread With Dip	Rice Cakes with Cheese Spread	Fruit Bread Cheese & Vegetable Sticks
Drinks	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water

All menu items are prepared with light / low fat varieties of milk and dairy products

All menu items are high in fibre, low in fat, sugar and salt

Menus are based on the Dietary Guidelines for Children & Adolescents in Australia

Menus are based on the recommended food groups and serving sizes as outlined in the

Nutrition Checklist for Long Day Care Menu Planning

Food Group	Recommended Serve in Care	Colour Code
Dairy	3	Gold
Breads, Cereals, Rice & Pasta	2	Brown
Vegetables	2	Dark Green
Fruit	1	Light green
Meat and Alternatives	1	Red
Increasing Iron & Vitamin C	When white meat or vegetarian meal is served	Bold red
Vegetarian	V	V
Multicultural Menu Item	MMI	MMI

