

SANDCASTLES WEEKLY MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Fresh Fruit & Raisin Toast	Fresh Fruit & Cheese Sandwiches	Fresh Fruit & Corn Crisps with Cheese spread	Fresh Fruit & Raisin Toast	Fresh Fruits & Yoghurt
	Milk	Milk	Milk	Milk	Milk
Lunch 	Carrot and Chickpea Pilaf	Fish, Spinach and Potato Pie	Apricot Chicken & Rice	Assortment of Sandwiches	Spaghetti Bolognaise
	Dried Fruit Mix & Yoghurt	Carrot and Cucumber with Beetroot Dip	Fresh Fruit & Banana Muffin	Fresh Fruit & Cheese & Water Crackers	Fresh Fruits & Corn pastry
Afternoon Tea 	Milk	Milk	Milk	Milk	Milk




**** Infants will eat the same food as the other children in the centre it will just be in a puree or mushy consistency. Children with allergies or special dietary requirements will have the same meals daily without what the child is allergic too or cannot eat.**

Weekly Nutrition Requirements for Long Day (Based on Nutrition Department of the Central Coast Health Services in NSW)

2 Beef/Lamb, 1 Chicken/Pork, 1 Fish, 1 Vegetarian (servings per week), 1 fruit, 2 Vegetable, 3 Dairy, 2 Bread (servings per day)

Revised 9th January 2012

SANDCASTLES WEEKLY MENU

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Fresh Fruit & Raisin Toast	Fresh Fruit & Pikelets with jam	Fresh Fruit & Cream Cheese Flat Bread	Fresh Fruit & Cheese Sandwiches	Fresh Fruit & Raisin Toast
	Milk	Milk	Milk	Milk	Milk
Lunch 	Cheesy Pumpkin and Broccoli Pasta with Tuna	Vegetable Pizza & Salad	Lamb Pilaf	Beef Potato Pie	Chicken & Vegetable Fried Rice
	Fresh Fruit & Water Crackers & cheese	Dried Fruit & Yoghurt	Fresh Fruit & Corn Crisps & Jam	Fresh Fruit & Apple and Cinnamon Muffins	Fresh Fruit & Anzac Biscuits
Afternoon Tea 	Milk	Milk	Milk	Milk	Milk

**** Infants will eat the same food as the other children in the centre it will just be in a puree or mushy consistency. Children with allergies or special dietary requirements will have the same meals daily without what the child is allergic too or cannot eat.**

Weekly Nutrition Requirements for Long Day (Based on Nutrition Department of the Central Coast Health Services in NSW)

2 Beef/Lamb, 1 Chicken/Pork, 1 Fish, 1 Vegetarian (servings per week), 1 fruit, 2 Vegetable, 3 Dairy, 2 Bread (servings per day)

Revised 9th January 2012

SANDCASTLES WEEKLY MENU

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Fresh Fruit & Pikelets with jam	Fresh Fruit & Cheese Sandwiches	Fresh Fruit & Cinnamon Toast	Fresh Fruit & Cream Cheese Flat Bread	Fresh Fruit & Sandwiches and spread
	Milk	Milk	Milk	Milk	Milk
Lunch 	Ham, Zucchini & Corn Risotto	Beef stroganoff with Pasta	Creamy Pesto Gnocchi	Japanese Mild Beef Curry and Rice	Tuna Sushi & Salad
Afternoon Tea 	Fresh Fruit & Water Crackers & Cheese	Fresh Fruit & Rice Crisps & Jam	Dried Fruit & Yoghurt	Fresh Fruit & Raisin Toast	Fresh Fruit & Biscuits & Cheese
	Milk	Milk	Milk	Milk	Milk

**** Infants will eat the same food as the other children in the centre it will just be in a puree or mushy consistency. Children with allergies or special dietary requirements will have the same meals daily without what the child is allergic too or cannot eat.**

Weekly Nutrition Requirements for Long Day (Based on Nutrition Department of the Central Coast Health Services in NSW)

2 Beef/Lamb, 1 Chicken/Pork, 1 Fish, 1 Vegetarian (servings per week), 1 fruit, 2 Vegetable, 3 Dairy, 2 Bread (servings per day)

SANDCASTLES WEEKLY MENU

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Fresh Fruit & Cheese Sandwiches	Fresh Fruit & Cream Cheese Flat Bread	Fresh Fruit & Rice Crisps With Cheese & Spread	Fresh Fruit & Raisin Toast	Fresh Fruit & Pikelets with jam
	Milk	Milk	Milk	Milk	Milk
Lunch 	Thai Chicken Curry	Hot Dog & Salad	Pasta with Creamy Salmon Sauce	Creamy Tomato and Vegetable Pasta	Lamb and Lentil Pie
	Afternoon Tea 	Carrot and Cucumber with Beetroot Dip	Fresh Fruit & Raisin Toast	Fresh Fruit & English Muffins with Jam	Dried Fruit & Water Crackers & Cheese
	Milk	Milk	Milk	Milk	Milk




**** Infants will eat the same food as the other children in the centre it will just be in a puree or mushy consistency. Children with allergies or special dietary requirements will have the same meals daily without what the child is allergic too or cannot eat.**

Weekly Nutrition Requirements for Long Day (Based on Nutrition Department of the Central Coast Health Services in NSW)

2 Beef/Lamb, 1 Chicken/Pork, 1 Fish, 1 Vegetarian (servings per week), 1 fruit, 2 Vegetable, 3 Dairy, 2 Bread (servings per day)

Revised 9th January 2012

SANDCASTLES WEEKLY MENU

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Fresh Fruit & Raisin Toast	Fresh Fruit & Cheese Sandwiches	Fresh Fruit & Melted cheese on English Muffins	Fresh Fruit & Pikelets with Jam	Fresh Fruit & Cinnamon Toast
	Milk	Milk	Milk	Milk	Milk
Lunch 	Beef & Vegetables Stir-fry	Creamy Mushroom Chicken Pasta	Meat Balls & Vegetable Fried Rice	Salmon Risotto	Cauliflower, Potato and Chickpea Curry
	Afternoon Tea 	Fresh Fruit & Water Crackers & Cheese	Fresh Fruit & Vanilla Muffins	Fresh Fruit & Raisin Toast	Fresh Fruit & Yoghurt
	Milk	Milk	Milk	Milk	Milk

**** Infants will eat the same food as the other children in the centre it will just be in a puree or mushy consistency. Children with allergies or special dietary requirements will have the same meals daily without what the child is allergic too or cannot eat.**

Weekly Nutrition Requirements for Long Day (Based on Nutrition Department of the Central Coast Health Services in NSW)

2 Beef/Lamb, 1 Chicken/Pork, 1 Fish, 1 Vegetarian (servings per week), 1 fruit, 2 Vegetable, 3 Dairy, 2 Bread (servings per day)