

kidzCaféAdopts a

HEALTHY

FOOD









POLICY









as part of our Nutritional Guide









Provides for children
with special dietary needs,
including allergies.









kidzMenu
for our healthy Kidz











	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Fruit Platter W/ Orange Hummus & Crackers	Fruit Platter W/ Malt Biscuits	 Fruit Platter W/ Dried Fruit & Cheese	Jellied Fruit & Custard	 Fruit Platter W/rice Cakes
Nursery	Pureed Fruit	Pureed Fruit	Pureed Fruit	Pureed Fruit	Pureed Fruit
Lunch	Tomato & Broccoli Bake W/ Peas & Carrots 	Chicken, Corn & Cheese Quesadillas W/ Tomato	Assorted Sandwiches W/ Orange Wedges 	Beef Chow Mein W Noodles	Ham & Ricotta Tarts W /salad
Nursery	Pureed Veggies	Pureed Veggies	Pureed Veggies	Pureed Veggies	Pureed Veggies
Afternoon Tea 	Fruit Salad & Yoghurt	Watermelon Wedges 	Frozen Yoghurt Cones	Cheese & Vegemite Scrolls 	Pumpkin Bread

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Fruit Platter W/ Watermelon, Banana Rockmelon, Pear And Apple W/ Arrowroot	Fruit Platter W/ Watermelon, Banana Rockmelon, Pear And Apple W/ Vanilla Yoghurt And Muesli 	Fruit Platter W/ Watermelon, Banana Rockmelon, Pear And Apple W/ Sultana Biscuits	Fruit Platter W/ Watermelon, Banana Rockmelon, Pear And Apple W/ Cheese & Puffed Corn 	Fruit Platter W/ Watermelon, Banana Rockmelon, Pear And Apple W/ Rice Cakes
Nursery	Pureed Fruit	Pureed Fruit	Pureed Fruit	Pureed Fruit	Pureed Fruit
Lunch	Pizza W/corn And Cucumber Salad 	Assorted Sandwiches W/ Apple Wedges	Chicken Stroganoff W/rice 	Hot Dogs W/ Coleslaw	Sausage Rolls
Nursery	Pureed Veggies-broccoli Sweet Potato, Pumpkin	Pureed Veggies-broccoli Sweet Potato, Pumpkin	Pureed Veggies-broccoli Sweet Potato, Pumpkin	Pureed Veggies-broccoli Sweet Potato, Pumpkin	Pureed Veggies-broccoli Sweet Potato, Pumpkin
Afternoon Tea 	Fruit Bread Triangles	Jelly & Fruit 	Jelly Whip	Fruit & Custard 	Weetbix Slice









	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Fruit Platter And Rice Crackers And Salsa	Fruit Platter, Cheese Corn Puffs And Sultanas 	Fruit Platter, Cheese And Sao's	Fruit Platter & Rice Cakes 	Fruit Platter, Yoghurt & Muesli
Nursery	Pureed Fruit	Pureed Fruit	Pureed Fruit	Pureed Fruit	Pureed Fruit
Lunch	Broccoli Pasta Bake 	Sandwiches, Apple Slices	Vegetable Quiche And Tomato, Corn And Cucumber Salad 	Chicken Fried Rice	Ham And Pineapple Pizza W/ Tomato, Corn And Cucumber Salad
Nursery	Pureed Veges	Pureed Veges	Pureed Veges	Pureed Veges	Pureed Veges
Afternoon Tea 	Fruit Bread	Jelly & Fruit 	2 Fruits And Vanilla Ice Cream	Coconut Lemon Square 	Jelly Whip

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Fruit Platter And Rice Crackers	Fruit Platter, Cheese & Dried Fruit	Fruit Platter W/ Corn Dip And Rice Crackers	Fruit Platter W / Oat Biscuits	Fruit Platter W/ Yoghurt & Muesli
Nursery	Pureed Fruit	Pureed Fruit 	Pureed Fruit	Pureed Fruit 	Pureed Fruit
Lunch	Oven Backed Corn Omelettes W/ Tomato Salad 	Assorted Sandwiches W / Oranges	Sausage Rolls	 Spaghetti Bolognaise W / Garlic Bread	Chicken Sausage Stroganoff W/ Rice
Nursery	Pureed Veges	Pureed Veges	Pureed Veges	Pureed Veges	Pureed Veges
Afternoon Tea 	Peaches W / Custard	Ice Cream Cones 	Jellied Fruit & Wafers	Weetbix Slice 	Raisin Loaf



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Fruit Platter, Rice Crackers And Salsa	Fruit Platter, Yoghurt, Museli 	Fruit Platte, Rice Crackers	Fruit Platter, Cheese And Sao's 	Fruit Platter , Cheese, Corn Puffs And Sultanas
Nursery	Pureed Fruit	Pureed Fruit	Pureed Fruit	Pureed Fruit	Pureed Fruit
Lunch	Quiche With Tomato Salad 	Sandwiches, Apple Slices	Pumkin And Feat Tarts, Tomato Salad 	Savoury Mince And Rice	Hots Dogs, Coleslaw
Nursery	Pureed Veges	Pureed Veges	Pureed Veges	Pureed Veges	Pureed Veges
Afternoon Tea 	Fruit Bread	Qrange And Malt Biscuits 	Vegemite Triangles	Fruits And Custard 	Iceblocks And Wafer Biscuits



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Fruit Platter W/ rice Cakes	Fruit Platter W/ Dried Fruit, Cheese 	Fruit Platte W/ Corn Dip & Crackers	Fruit Platter W/ Sandwiches 	Fruit Platter W/ Yoghurt & Muesli
Nursery	Pureed Fruit	Pureed Fruit	Pureed Fruit	Pureed Fruit	Pureed Fruit
Lunch	Oven Baked Corn Omelettes W/ Tomato 	Assorted Sandwiches W/ Cold Meat, Cheese And Spreads	Fish Burgers W/ Coleslaw 	Spaghetti Bol W/ Garlic Bread	Chicken Sausage Stroganoff W / Rice
Nursery	Pureed Veges	Pureed Veges	Pureed Veges	Pureed Veges	Pureed Veges
Afternoon Tea 	Peaches & Custard	Raisin Bread 	Apple & Cinnamon Muffins	Wheetbix Slice 	Jelly Whip



kidzplay
& learning centre

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