

GPBASC WEEKLY MENU

AUTUMN/WINTER	WEEK:3	(02/05- 06/05)	TERM 3	YEAR: 2010
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<p><u>TOAST</u></p> <ul style="list-style-type: none"> • Wholemeal / Multi - grain • Vegemite, Honey, Cream Cheese • Muffins, Crumpets <p><u>CEREAL</u></p> <ul style="list-style-type: none"> • Cornflakes • Rice Bubbles • Weet-Bix • Sultana Bran <p><u>DRINK</u></p> <ul style="list-style-type: none"> • Water, milk, milo or juice. 	<p><u>TOAST</u></p> <ul style="list-style-type: none"> • Wholemeal / Multi - grain • Vegemite, Honey, Cream Cheese • Muffins, Crumpets <p><u>CEREAL</u></p> <ul style="list-style-type: none"> • Cornflakes • Rice Bubbles • Weet-Bix • Sultana Bran <p><u>DRINK</u></p> <ul style="list-style-type: none"> • Water, milk, milo or juice. 	<p><u>TOAST</u></p> <ul style="list-style-type: none"> • Wholemeal / Multi - grain • Vegemite, Honey, Cream Cheese • Muffins, Crumpets <p><u>CEREAL</u></p> <ul style="list-style-type: none"> • Cornflakes • Rice Bubbles • Weet-Bix • Sultana Bran <p><u>DRINK</u></p> <ul style="list-style-type: none"> • Water, milk, milo or juice. 	<p><u>TOAST</u></p> <ul style="list-style-type: none"> • Wholemeal / Multi - grain • Vegemite, Honey, Cream Cheese • Muffins, Crumpets <p><u>CEREAL</u></p> <ul style="list-style-type: none"> • Cornflakes • Rice Bubbles • Weet-Bix • Sultana Bran <p><u>DRINK</u></p> <ul style="list-style-type: none"> • Water, milk, milo or juice. 	<p><u>TOAST</u></p> <ul style="list-style-type: none"> • Wholemeal / Multi - grain • Vegemite, Honey, Cream Cheese • Muffins, Crumpets <p><u>CEREAL</u></p> <ul style="list-style-type: none"> • Cornflakes • Rice Bubbles • Weet-Bix • Sultana Bran <p><u>DRINK</u></p> <ul style="list-style-type: none"> • Water, milk, milo or juice.
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
<p>GARLIC, BACON AND ZUCCHINI PASTA</p>	<p>BEEF NACHOS</p>	<p>SAUSAGES AND NOODLES</p>	<p>BAKED BEANS ON FRESHLY CUT FRENCH STICKS</p>	<p>SAVOURY SNACKS</p>
<p><u>DRINK</u></p> <ul style="list-style-type: none"> • Water 	<p><u>DRINK</u></p> <ul style="list-style-type: none"> • Water 	<p><u>DRINK</u></p> <ul style="list-style-type: none"> • Water 	<p><u>DRINK</u></p> <ul style="list-style-type: none"> • Water 	<p><u>DRINK</u></p> <ul style="list-style-type: none"> • Water

FRESH FRUIT AND VEGETABLES IS AVAILABLE EVERY AFTERNOON.

QA 6 Health, Nutrition & Wellbeing. Principle 6.1 Balanced and healthy eating is promoted by the service. Good Quality Care Where the service supplies food and drink, the menu is available; where it does not, suggested menus are available for the information of families.