

GPBASC WEEKLY MENU

SUMMER/SPRING	WEEK:8	(21/03 – 25/03)	TERM 1	YEAR: 2011
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
SHEPHERD'S PIE	SAUSAGE ROLLS AND BEEF PIES	SPAGHETTI BOLOGNAISE	POTATO BAKE	SAVOURY SNACKS
<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.