



## EXAMPLE Kids Club Nutritious Menu Week 1 Ages 6 Weeks - 6 Years

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Seasonal Fruit Platter  Fresh Milk	Corn Jacks  Fresh Milk	Mini French Baguettes with Ham and Cheese  Fresh Milk	Toasted English Muffins with Jam  Fresh Milk	Seasonal Fruit Platter with Yoghurt  Fresh Milk
Lunch	Australian Chunky Beef & Potato Pie Platter of Bread Juice	Crumbed Fish of the day with Steamed Veggies on a bed of Jasmine Rice Platter of Bread Juice	The Chef's Bellissimo Gourmet Pizzas Platter of Bread Juice	Classic Roman Chicken and Mushroom Risotto Platter of Bread Juice	Mediterranean Creamy Penne Pasta with Italian Vegetables Platter of Bread Juice
Afternoon Tea	Home Made Butter Scones with Jam  Water	Pineapple Upside Down Cake  Water	Seasonal Fruit Salad with Ice Cream  Water	Blueberry Muffins  Water	Jelly and Custard  Water
Late Snack	Blueberry Muffins  Water	Seasonal Fruit Platter  Water	Today's Date Scones  Water	Gourmet Assorted Sandwich Platter  Water	Assorted Sun Dried Fruit Platter  Water