



Holy Family COOSH

Term 1
2018

Breakfast and Afternoon Tea Menu

Note: This menu was reviewed in the January school holidays (2018), and was created based on the feedback and evaluations of children and staff.



6.1 - Healthy Eating and Nutrition Policy and Procedures

(Note: This is an abbreviated version – please see COOSH Policies and Procedures file for a complete version)

Purpose

- To ensure that all children at Holy Family COOSH are afforded quality and nutritious meals and snacks throughout the day and to monitor the health and development of all children at the centre.
- To promote the education of healthy eating and healthy lifestyle choices to children, parents and families.

Rationale

- The Holy Family COOSH Food and Nutrition Policy reflects the following concepts, to:
 - Promote a child's normal growth and development.
 - Promote appropriate food choices and physical activity.
 - Educate children, parents and families on the concepts of healthy eating choices.

Policy statement

- Holy Family COOSH provides a healthy, nutritious and varied menu for all children attending the centre.
- Menus are flexible and accommodating to the needs of all children.
- Menus are nutritionally balanced according to the recommended daily nutritional requirements for children as set out by Nutrition Australia.

Procedures and Practices

Management will:

- Work collaboratively with parents and review the menus at the end of each term.

Staff will:

- Provide a range of fresh and nutritious food and drink options for children who require breakfast in the mornings or afternoon tea in the afternoons
- Develop rotating menus to provide a variety of meals each week during term
- Develop a full and comprehensive menu covering morning tea, lunch and afternoon tea for each day of the School Holiday programs.
- Menus are nutritionally balanced according to the recommended daily nutritional requirements for children as set out by Nutrition Australia.

Holy Family COOSH

- Menus provide a variety of food types and they will be presented in a positive, fun and appealing manner.
- Menus are displayed for staff and parents to see.

Families

- Parents are asked about dietary requirements on enrolment to COOSH.
- Parents have the opportunity for input into the development of the menus by submitting email evaluations and feedback once a term.
- If required, parents will be consulted and an individual diet plan will be created.

Children

- Children have input into the development of the menus.
- Children are asked to rate meals and snacks at the end of each week for suitability to repeat that food item in future menus.
- Children's dietary requirements will be supported and complemented in the centre menu if required.

Our menu is a rotating menu. It rotates through Weeks 2 – 9. Week 1 is used to design a menu to use up food items leftover from the previous term and Holiday Program, ensuring minimal wastage. Week 10 is a special "Children's Choice" week.

The below Nutrition Australia guidelines have been used in the planning and preparation of this menu. Each week, the nutritional content of the menu has been analysed to ensure that Nutrition Australia guidelines have been met.

Nutrition Australia – Daily Nutritional Requirements for Children

Food Group	“Child Sized” Serve	Number of Serves / Day	Number of daily serves required via Breakfast and Afternoon Tea
BREADS AND CEREALS Provide carbohydrates, fibre, B vitamins, iron and protein	1 slice bread, 1 small bread roll ½ cup cereal ½ cup cooked rice ½ cup cooked pasta	4	2
DAIRY FOODS Provide calcium, protein, riboflavin and vitamin B12	½ cup (125ml) milk 100g yoghurt 1 slice (20g) cheese	6	2
MEAT AND MEAT ALTERNATIVES Provide calcium, protein, riboflavin and vitamin B12	35-50g cooked meat ¼ cup legumes (e.g. baked beans) 1 small egg	2	0-1
FRUIT Provide vitamins, carbohydrates, antioxidants and fibre	½ medium sized fruit 1 small piece of fruit 1 tablespoon sultanas ½ cup canned fruit	2	0-1
VEGETABLES Provide vitamins, carbohydrates, antioxidants and fibre	¼ cup cooked vegetables ½ cup salad vegetables ½ medium potato	2 – 3	1
EXTRAS Provide little nutrition and are generally high in fat, sugar and salt	1 piece of cake 3 – 4 plain sweet biscuits 2 scoops ice-cream 1 tablespoon jam, honey	0 - 2	0-1

WEEKS 2 & 6

DAILY MENU	Nutritional breakdown of daily menu					
	B&C	DF	M/ MA	F	V	X
	2	2	0-1	0-1	1	0.5
<u>MONDAY</u> Breakfast <ul style="list-style-type: none"> • Soft boiled eggs with toast soldiers • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Cruskits with ham, cheese, tomato, cucumber • Apples 	2	2	1	0	1	0
<u>TUESDAY</u> Breakfast <ul style="list-style-type: none"> • Fruit platter • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Noodle slice with bacon and veggies and cheese 	2	2	1	1	1	0
<u>WEDNESDAY</u> Breakfast <ul style="list-style-type: none"> • Spaghetti on toast • Selection of breakfast cereals, toast • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Anti-Pasto platter – Salami, Olives, Cheese cubes, Cherry tomatoes, Crackers, Cucumbers 	2	2	1	0	1	0
<u>THURSDAY</u> Breakfast <ul style="list-style-type: none"> • Fruit Platter • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Mixed sandwiches – Cheese, Jam, Vegemite, Salad, Chicken 	2	2	1	1	1	0
<u>FRIDAY</u> Breakfast <ul style="list-style-type: none"> • Omelette – With ham, spring onion and cheese • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Quesadillas with capsicum, cheese and salsa • Oranges 	2	2	1	1	1	0

WEEKS 3 & 7

DAILY MENU	Nutritional breakdown of daily menu					
	B&C	DF	M/ MA	F	V	X
	2	2	0-1	0-1	1	0.5
<u>MONDAY</u> Breakfast <ul style="list-style-type: none"> • Fruit platter • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Pizzas – English muffins, pepperoni, cheese, and veggies 	2	2	1	1	1	0
<u>TUESDAY</u> Breakfast <ul style="list-style-type: none"> • Eggs benedict with baby spinach leaves • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Rice cakes with spreads • Milk straws • Fruit 	2	2	0	1	1	.5
<u>WEDNESDAY</u> Breakfast <ul style="list-style-type: none"> • Fruit Platter • Selection of breakfast cereals, toast • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Muesli Bars • Sultanas • Veggie sticks and dips 	2	2	1	0	1	0
<u>THURSDAY</u> Breakfast <ul style="list-style-type: none"> • Scrambled egg and baked bean mix with cheese • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Veggie dogs with cheese and sauce • Apples 	2	2	0	1	1	0
<u>FRIDAY</u> Breakfast <ul style="list-style-type: none"> • Fruit Platter • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Snack mix – Pretzels, rice wheels and veggie chips • Cheese and carrot sticks 	2	2	0	1	1	0

WEEKS 4 & 8

DAILY MENU	Nutritional breakdown of daily menu					
	B&C	DF	M/ MA	F	V	X
	2	2	0-1	0-1	1	0.5
<u>MONDAY</u> Breakfast <ul style="list-style-type: none"> • French toast and berries • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Baked ravioli with veggies and cheese 	2	2	0	1	1	0
<u>TUESDAY</u> Breakfast <ul style="list-style-type: none"> • Fruit Platter • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Fish finger with roast potatoes • Cheese sticks 	2	2	1	1	1	0
<u>WEDNESDAY</u> Breakfast <ul style="list-style-type: none"> • Raisin Toast • Selection of breakfast cereals, toast • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Apple, cinnamon muffins • Milk • Capsicum sticks 	2	2	0	1	1	0
<u>THURSDAY</u> Breakfast <ul style="list-style-type: none"> • Fruit Platter • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Chicken burgers with cheese, lettuce, tomato and carrot 	2	2	1	1	1	0
<u>FRIDAY</u> Breakfast <ul style="list-style-type: none"> • Hash browns • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Spaghetti, baked bean and cheese toasted sandwiches • Bananas 	2	2	0	1	1	0

WEEK 5 & 9

DAILY MENU	Nutritional breakdown of daily menu					
	B&C	DF	M/ MA	F	V	X
	2	2	0-1	0-1	1	0.5
<u>MONDAY</u> Breakfast <ul style="list-style-type: none"> • Fruit Platter • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Fried rice with veggies and egg • Cheese slices 	2	2	0	1	1	0
<u>TUESDAY</u> Breakfast <ul style="list-style-type: none"> • Pikelets with spreads • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Wraps with chicken, ham, lettuce, tomato, cucumber and cheese 	2	2	1	0	1	0
<u>WEDNESDAY</u> Breakfast <ul style="list-style-type: none"> • Fruit Platter • Selection of breakfast cereals, toast • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Nachos with beans, salsa, cheese • Avocado and sour cream 	2	2	0	1	1	0
<u>THURSDAY</u> Breakfast <ul style="list-style-type: none"> • Waffles with spreads • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Strawberries, grapes, banana kebabs • Yoghurt • Celery sticks 	2	2	0	1	1	0
<u>FRIDAY</u> Breakfast <ul style="list-style-type: none"> • Fruit Platter • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • Anti-Pasto platter – Salami, Olives, Cheese cubes, Cherry tomatoes, Crackers, Cucumbers 	2	2	1	1	1	0

WEEK 10 - CHILDREN'S CHOICE

DAILY MENU	Nutritional breakdown of daily menu					
	B&C	DF	M/ MA	F	V	X
	2	2	0-1	0-1	1	0.5
<u>MONDAY</u> Breakfast <ul style="list-style-type: none"> • • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • 						
<u>TUESDAY</u> Breakfast <ul style="list-style-type: none"> • • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • 						
<u>WEDNESDAY</u> Breakfast <ul style="list-style-type: none"> • • Selection of breakfast cereals, toast • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • 						
<u>THURSDAY</u> Breakfast <ul style="list-style-type: none"> • • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • 						
<u>FRIDAY</u> Breakfast <ul style="list-style-type: none"> • • Selection of breakfast cereals, toast, yoghurt • Cold milo, milk or water Afternoon Tea <ul style="list-style-type: none"> • 						