

Breakfast Menu

**SERVED
6:30AM-8:15AM**

OFFERED DAILY

1 Toasted Bread (GF)

CHOICE OF:

- Whole meal Bread

SERVED WITH:

- Nuttelex Margarine Spread (DF; NF; SF)
- Vegemite
- Honey
- Strawberry Jam

2 Cereal Selection

CHOICE OF:

- Weetabix Bites (Honey Crunch) (GF)
- Kellogg's Rice Bubbles (GF; WF; EF; SF)
- Uncle Toby's Cheerios
- Kellogg's Corn Flakes (GF)
- Sultana Bran

BREAKFAST SPECIALS

*Served according to weekly timetable

CHOICE OF:

- Hashbrowns
- Baked Beans in Tomato Sauce
- Coles Cafe Style Raisin Toast
- Nestle Milo
- Hot Cakes

DIETARY KEY:

The following symbols denote items that have alternative dietary options available

Gluten Free.....	GF
Wheat Free.....	WF
Dairy Free.....	DF
Nut Free.....	NF
Soy Free.....	SF
Egg Free.....	EF
Vegan.....	V

BREAKFAST COOKING CLUB

Once per week IOSHC will facilitate a breakfast cooking club activity. Each recipe is tailored to children with all dietary needs and directly supervised. The Menu aims to provide children with the knowledge of breakfast items they could make at home!

RECIPIES TO CHOOSE FROM:

Under the direct supervision of educator's children will chop ingredients and have the chance to assemble their own breakfast creations, leaning about flavor combinations and nutrition 😊

Toasted Breakfast Wraps

Ingredients: GF;

- White Tortilla Wrap
- Ham
- Salami
- Tomato
- Cheese
- Pineapple
- Spinach
- Avocado

*Wraps will be toasted on a sandwich press

Loaded Hash Browns

Ingredients: DF, EF

- Hash Brown
- Cheese
- Tomato
- Capsicum
- Salsa
- Spinach
- Avocado
- Spring Onion

*Hash Browns oven baked

Smoothies

Ingredients:

- Frozen Banana GF; DF; NF; EF
- Frozen Raspberries, Blueberries, Strawberry Mix
- Frozen Mango Pieces
- Milk (Full Cream or Lactose Free or Soy Milk)
- Spoon of Yoghurt (Vanilla, Mango, Strawberry).

*For Children with Allergies, smoothies will be blended with appropriate milk or yoghurt substitute, clean blender used each time to avoid cross contamination

Yoghurt Parfaits

Ingredients:

- Banana GF; DF; EF
- Strawberries
- Apples
- Seasonal Fruit (Mangoes, Watermelon)
- Yoghurt (Vanilla, Strawberry, Mango)
- Rice Bubbles/Corn Flakes

*For Children with Allergies an appropriate yoghurt substitute will be provided

Rotational Weekly Menu

PLEASE NOTE: Menu items may vary depending upon availability

Term 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 & 6	Cooking Club: Loaded Hash Browns	Fruit Toast	Hot Cakes	Baked Beans	Milo
Week 2 & 7	Milo	Cooking Club: Smoothies	Hot Cakes	Fruit Toast	Hash Browns
Week 3 & 8	Baked Beans	Milo	Cooking Club: Loaded Hash Browns	Hot Cakes	Fruit Toast
Week 4 & 9	Fruit Toast	Hash Browns	Milo	Cooking Club: Breakfast Wraps	Hot Cakes
Week 5 & 10	Hot Cakes	Fruit Toast	Hash Browns	Milo	Cooking Club: Yoghurt Parfait