

# Our Platters

Platters are often offered in combination with the scheduled menu items you can see on our Menu A and Menu B lists. We like to vary the options for the children on a day to day basis taking into account seasonal fruit and vegetables as well as our desire to make the food as exciting as possible for our children, hence we are unable to list the exact content of our platters each day on our already quite substantial menus.

What we can do however, is list items that may appear on our selection platters for our children to enjoy.

Please see a list of fruits, vegetables and other options that may appear on our selection platters:

VEGETABLES (Regularly offered)	FRUIT (Regularly offered)	CRACKERS/BREAD /OTHER GRAINS (Regularly offered)	DAIRY ITEMS (Regularly offered)	MEAT	TREATS (Rarely if ever offered)
Broccoli / Broccolini	Apples (of all varieties)	Jatz	Tasty Cheese Cubes	Twiggy Sticks (mild)	Cakes
Capsicum (all colours)	Oranges	Rice Crackers (lightly salted)	Kraft Cheese Cubes	Sliced Ham	Sweet biscuits / Cookies
Cucumber (all types)	Mandarins	Muesli Bars	Milk / Soy	Cabanossi	Muffins (all varieties)
Celery	Pears	Corn Thins	Milo with Milk / soy	Sliced Chicken	Apricot/Fruit Bars
Carrots	Raspberries	Shapes (Chicken, BBQ, Cheese, Savoury)	Yoghurt	Salami (mild)	Tinned fruit / Fruit Salad
Tomatoes (all varieties)	Strawberries	Pretzels	Custard		Lollies and Chocolates
Mushrooms (all varieties)	blueberries	Popcorn			Chips
Cauliflower	Kiwi Fruit / Kiwi-Berries	Milk Arrowroot Biscuits			<b>Dips and Sauces:</b> (Sometimes offered as accompaniments to other menu items)  * French Onion * Avocado * Spicy Capsicum * Tzatziki * Hummus * Tomato Sauce * BBQ Sauce * Sweet Chilli Sauce * Chilli Sauce * Mustard * Soy Sauce * Wasabi
Corn	Mango	Lebanese Bread			
Beetroot	Watermelon	Corn Chips (lightly salted)			
Sugar Snap peas	Rockmelon	Water Crackers			
Snow Peas	Honeydew melon	Whole-grain Rice Crackers			
Green Beans	Paw-Paw / Papaya				
Radish	Kumquat				
Lettuces / Spinach	Plums/Nectarines/Peaches/Apricots				
	Grapes (red & white)				
	Pineapple				
	Cherries				
	Banana				
	Pomegranate				
	Lychee				
	Dragon Fruit				
Dried Fruits					