



# Our Menu

**Our menu is created through consultation with our families, our children, the Centre Educators and takes into account suggested guidelines for healthy eating. The Menu is reviewed annually through meetings with children, requests for input from families and staff meetings.**

**The items on offer for children are grouped into MENU A and MENU B. Menu A caters for the warmer months of the year and Menu B for the cooler months. Our cooler months menu incorporates items such as hearty home-made soups, casseroles and pasta dishes.**

**You will also notice that we incorporate items into our menu that are catered from other locally sourced suppliers such as our Sushi option that occurs on a rotation 3 times per term.**

**What you will notice on our menu is a main item that is served to the children. These items are generally accompanied by our signature ‘selection platters’. These platters vary from day to day according to seasonal availability of fresh fruit and vegetables, as well as additional items that may have been sourced from a child’s suggestion or to treat us all on a special occasion. The specific items on our platters are hence not listed/included on our Menu A and Menu B. You will also not find food on our menu that we give to children as alternatives to the listed items due to taste or other relevant reasons.**



**For information on foods that are regularly included on our selection platters, please see our information poster.**