

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 | | | Dips and Sauces: (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 | Gluten Free options | | | |
| Radish | Kumquat | | | | |
| Lettuces / Spinach | Plums/Nectarines/Peaches/Apricots | | | | |
| | Grapes (red & white) | | | | |
| | Pineapple | | | | |
| | Cherries | | | | |
| | Banana | | | | |
| | Pomegranate | | | | |
| | Lychee | | | | |
| | Dragon Fruit | | | | |
| | Dried Fruits | | | | |