



TASK MENU

Mixed Fruit Selection

(seasonal options)

- green apples
- bananas
- watermelon
- rockmelon
- kiwi fruit
- oranges
- red apples

afternoon
tea

every day is different, it could be sandwiches and wraps and/or vege sticks, dips, cheese, crackers and/or hot meals.

fruit daily.

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Did you know...

Avocado
has the
highest
protein of
all fruit.



No nuts, no egg, no seafood (due to children with allergic reactions).

Gluten-free options available on request.

Our meals do not contain nuts as an ingredient, however, some packaged products contain traces of nuts due to manufacturing processes. TASK menu aims to meet the recommendations of the Australian Dietary Guidelines by providing at least one serve of fruit, vegetables, wholegrains, dairy and meat/alternatives each day.

Please alert us via email if your child has any specific dietary requirements.

