



Mixed Fruit Selection

(seasonal options)

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

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TASK MENU

breakfast

fruit

toast with spreads - vegemite, jam, honey

cereal with milk - cornflakes, rice bubbles, weetbix.

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.

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.

