

North Kiama After School Care Menu



Day	Menu	Nutrition Benefit
Monday	Potato Roasties Fresh Fruit & Vegetables, may include dried fruits such as apple	Fruit & Veg: vitamins & minerals
Tuesday	Yogurt Fruit Cups Fresh Fruit & Vegetables, may include dried fruits such as apricots	Yoghurt: calcium Fruit & Veg: vitamins & minerals
Wednesday	Italian Pasta Fresh Fruit & Vegetables, may include dried fruits such as apricots	Pasta: carbohydrate Lean Meat: protein & iron Cheese: calcium Fruit & Veg: vitamins & minerals
Thursday	Savoury Tray Fresh Fruit & Vegetables, may include dried fruits such as apple	Rice crackers: carbohydrate Caponossi: protein & iron Cheese: calcium Fruit & Veg: vitamins & minerals
Friday	Rice Paper Rolls Fresh Fruit & Vegetables, may include dried fruits such as apple	Lean Meat: protein & iron Pasta: carbohydrate Fruit & Veg: vitamins & minerals

Water is available at all times...

Catering for all children's choices & appetites!

Reviewed: November 2015

Dietary Guidelines for Children & Adolescents accessed from:

<http://www.nutritionaustralia.org/national/resource/australian-dietary-guidelines-2013>