

Saints Academy Weekly Menu

Wherever possible, we encourage children in their leadership skills to assist each afternoon in serving food to their peers, whilst adhering to food preparation safety and standards.

MONDAY

- Corn Chips and Salsa
- Fresh Fruit and Vegetable Platter – Assorted Fresh seasonal fruits and vegetables including apples, watermelon, rockmelon, oranges strawberries, grapes, carrots, cucumber, tomatoes and snow peas.

TUESDAY

- Yoghurt Cones – Strawberry, Vanilla, Mango & Peach
- Fresh Fruit and Vegetable Platter – Assorted Fresh seasonal fruits and vegetables including apples, watermelon, rockmelon, oranges strawberries, grapes, carrots, cucumber, tomatoes and snow peas.

WEDNESDAY

- Assorted Platter of Sandwiches including - Chicken & Cheese, Ham & Cheese, Vegemite & Jam
- Fresh Fruit and Vegetable Platter – Assorted Fresh seasonal fruits and vegetables including apples, watermelon, rockmelon, oranges strawberries, grapes, carrots, cucumber, tomatoes and snow peas.

THURSDAY

- Brown Rice Crackers served with Hummus and Cheese
- Fresh Fruit and Vegetable Platter – Assorted Fresh seasonal fruits and vegetables including apples, watermelon, rockmelon, oranges strawberries, grapes, carrots, cucumber, tomatoes and snow peas.

FRIDAY

- **Sustainability Fridays** – To reduce our environmental footprint and food wastage Saints Academy will be serving a fresh assortment from the weeks menu.
- Fresh Fruit and Vegetable Platter – Assorted Fresh seasonal fruits and vegetables including apples, watermelon, rockmelon, oranges strawberries, grapes, carrots, cucumber, tomatoes and snow peas.

MY TIME, OUR PLACE FRAMEWORK

'Educators guided by the framework will reinforce in their daily practice the principles laid out in the United Nations Convention on the Rights of the Child. The Convention states that all children have the right to relax and play, and to join in a wide range of cultural, artistic, and other recreational activities. The convention also recognises Children's rights to be active participants in all matters affecting their lives and respects to their family, cultural and other identities, and languages... and health nutritional eating habits and provided same daily'

'The framework acknowledges the importance of play and leisure in children's learning and development and that their learning is not limited to any particular time or place...'

'The Framework recognise the importance of social and emotional development and communication in learning through play and leisure, and it forms the foundation for ensuring that children in all environments is inclusive of culture, identity in Belonging, Being and Becoming...'

Nutritional Information

Food Groups	Main Nutrients	Daily Servings
Fruit & Vegetables	Vitamin C, Vitamin A, Folate and Fibre.	5 – 7 servings daily. Eat a wide variety of different types & colours.
Milk & Dairy	Calcium, Vitamin A, Vitamin B12, Vitamin D & Protein.	2 – 3 servings daily. Choose lower fat alternatives.
Bread, Cereals & Potatoes	Carbohydrates, Fibre, Calcium, Iron & B Vitamins.	4 – 6 servings daily. Eat plenty, avoid adding fats & sugars.
Meat, Fish & Alternatives	Iron, Protein, Vitamin B12, Zinc & Magnesium.	2 – 3 servings daily. Choose lower fat alternatives.



AUSTRALIAN DIETARY GUIDELINES (2013)