



# Week 3 Term 3

## GET UP & GROW

HEALTHY EATING AND PHYSICAL ACTIVITY FOR EARLY CHILDHOOD

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fruit Milk Toast	Fruit Milk Toast	Fruit Milk Toast	Fruit Milk Toast	Fruit Milk Toast
Lunch	Chicken and Vegetable fried rice	Mousaka with steamed vegetables	Fish fingers with steamed vegetables	Lamb and vegetable bolognaise with pasta and cheese	Vegetable minestrone with crusty bread
Afternoon Tea	cheesy muffins	Banana bread with yogurt	Cruskits with cream cheese and vegemite	Fruity crumble	Cheese and crackers



# Week 4 Term 3

# GET UP & GROW

## HEALTHY EATING AND PHYSICAL ACTIVITY FOR EARLY CHILDHOOD

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fruit Milk Toast	Fruit Milk Toast	Fruit Milk Toast	Fruit Milk Toast	Fruit Milk Toast
Lunch	Fried rice with vegetables and egg	BBQ sizzle with vegetables and bread	Fish pie with cheese, and vegetables	Chicken and Vegetable curry with brown rice	Beef stroganoff with vegetables and brown rice
Afternoon Tea	Berry slice with yogurt	Cheese and crackers	Beetroot hummus with cucumber and crackers	Cheesy pitas	Cruskits with cream cheese and vegemite