

Heights Kindy Winter Afternoon Tea Menu

	Week 1	Week 2	Week 3	Week 4	Kids Choice week
Monday	Popcorn and sultanas	Cheese and biscuits with dried fruit	Vegetable sticks and dips	Pumpkin scones Pumpkin, oats, sultanas, cinnamon, honey, mixed seeds	
Tuesday	Oats, berries & coconut milk in the slow cooker	Granola bars Honey, mixed seeds, oats, flour	Chicken & corn soup Noodles, corn, chicken stock, garlic	Anzac biscuits Rice malt syrup, flour, cinnamon, coconut, oats, mixed seeds	
Wednesday	Popcorn and sultanas	Cheese and biscuits with dried fruit	Vegetable sticks and dips	Pumpkin scones Pumpkin, oats, sultanas, cinnamon, honey, mixed seeds	
Thursday	Oats, berries & coconut milk in the slow cooker	Granola bars Honey, mixed seeds, oats, flour	Chicken & corn soup Noodles, corn, chicken stock, garlic	Anzac biscuits Rice malt syrup, flour, cinnamon, coconut, oats, mixed seeds	
Friday	Popcorn and sultanas	Cheese and biscuits with dried fruit	Vegetable sticks and dips	Pumpkin scones Pumpkin, oats, sultanas, cinnamon, honey, mixed seeds	

NQS, Quality area 2 element 2.2.1 Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child