

winter menu

nutritional INFORMATION



PARAFIELD AIRPORT
early learning
centre

breakfast

PROVIDES (MINIMUM):
1-2 SERVE OF BREADS & CEREALS
1 SERVE OF DAIRY (MILK)
1 SERVE OF FRUIT*

morning tea

PROVIDES (MINIMUM):
1-2 SERVE OF FRUIT
0-2 SERVES OF VEGETABLES
1-2 SERVES OF DAIRY*

lunch

PROVIDES (MINIMUM):
0-1 SERVE OF FRUIT
0-3 SERVES OF VEGETABLES
1-2 SERVES OF PROTEIN
0-2 SERVES OF BREADS & CEREALS*

afternoon tea

PROVIDES (MINIMUM):
0-1 SERVE OF FRUIT
0-2 SERVES OF VEGETABLES
1-2 SERVES OF PROTEIN
0-2 SERVES OF BREADS & CEREALS*

*AMOUNT OF SERVES PROVIDED DEPENDS ON AMOUNT OF FOOD CONSUMED BY CHILDREN AND THE PORTION SIZES. DOES NOT INCLUDE THE CHILDREN'S INTAKE FROM OTHER MEALS THROUGHOUT THE DAY.



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