



Healthy eating

Goodstart promotes healthy eating by providing children with up to five nutritious and diverse meals each day to support their growth and wellbeing.

We support our families with children with allergies and dietary requirements as we know there can be concerns when first enrolling your child. Speak to your Centre Director to learn more about our food safety processes.

SAMPLE MENU					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast - Bread with vegemite/ butter Cereal - Weetbix with cows' milk or rice milk	Toast - Bread with vegemite/ butter Cereal - Weetbix with cows' milk or rice milk	Toast - Bread with vegemite/ butter Cereal - Weetbix with cows' milk or rice milk	Toast - Bread with vegemite/ butter Cereal - Weetbix with cows' milk or rice milk	Toast - Bread with vegemite/ butter Cereal - Weetbix with cows' milk or rice milk
Morning Tea	Menu item Fresh Fruit & Raw Vegetables Fresh	Menu item Fresh Fruit & Raw Vegetables Fresh	Menu item Fresh Fruit & Raw Vegetables Fresh	Menu item Fresh Fruit & Raw Vegetables Fresh	Menu item Fresh Fruit & Raw Vegetables Fresh
Lunch	Mexican Chicken and Vegetable Stir Fry & Rice Mince chicken, onion, carrot, zucchini, capsicum, celery, corn, mushroom, rice bran syrup, sesame, GF soy sauce, cornflour Vegan Option: No chicken	Macaroni Salad Cheese, pasta, carrot, zucchini, Dressing: vinegar, oil, sugar, curry powder Dairy Free & Vegan Option: dairy free cheese GF Option: GF Pasta	Beef Chow Mein Mince beef, onion, carrot, celery, capsicum, cabbage, mushroom, curry powder, rice noodles Vegan option: No beef	Tuna Mornay, Veg & Rice Tuna, onion, carrot, celery, corn, frozen mixed veg, nuttelex, cornflour, rice milk, rice	Broccoli Cheese Bites Broccoli, cheese, eggs, breadcrumb, olive oil, yoghurt, garlic Dairy free option: egg replacer, coconut yoghurt, dairy free cheese
Afternoon Tea	Cheese & Dried Fruit Platter	Yoghurt & Granola	Cinnamon French Toast Caramelised Banana	Raisin Bread	Cheese and Avocado Toasty



1800 222 543



goodstart