



Weekly Menu



02 December - 06 December 2024

Before School Care

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals:	Cereal Selection including Corn Flakes, Cheerios, and Wheat Bix (or Gluten Free Option) served with Whole Milk or Rice Milk.	Cereal Selection including Corn Flakes, Cheerios, and Wheat Bix (or Gluten Free Option) served with Whole Milk or Rice Milk.	Cereal Selection including Corn Flakes, Cheerios, and Wheat Bix (or Gluten Free Option) served with Whole Milk or Rice Milk.	Cereal Selection including Corn Flakes, Cheerios, and Wheat Bix (or Gluten Free Option) served with Whole Milk or Rice Milk.	Cereal Selection including Corn Flakes, Cheerios, and Wheat Bix (or Gluten Free Option) served with Whole Milk or Rice Milk.
Other:	Wholemeal Toast or Raisin Toast with Cream Cheese, Sliced Fresh Tomato, Vegemite or Fruit Jam. Vegetable margarine available.	Wholemeal Toast or Raisin Toast with Baked Beans, Cheese, Vegemite or Honey. Vegetable margarine available.	Wholemeal Toast or Raisin Toast with Cream Cheese, Sliced Tomato or Vegemite. Vegetable margarine available.	Wholemeal Toast or Raisin Toast with Baked Beans, Cheese, Fruit Jam or Vegemite. Vegetable margarine available.	Wholemeal Toast or Raisin Toast with Baked Beans, Cheese, Vegemite or Honey. Vegetable margarine available.
Extras:	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit, Iced Milk Milo
Breakfast operates from 6:45am to 7:45am every morning, Monday to Friday.					

After School Care

	Monday	Tuesday	Wednesday	Thursday	Friday
Offered:	Cheese and Pesto Rolls	Apple and Sweet Cheese Cinnamon Scrolls	Crispy Tortillas with Mexican Chicken, Veggies and Cheese	Pasta with Roasted Tomato, Basil, and Garlic Sauce and Optional Parmesan Cheese.	Mixed Cookies, Vegetable Sticks, Cheese and Crackers
Options:	(Vegetarian, G/F, D/F, and Allergy options)	(Vegetarian, G/F, D/F, and Allergy options)	(Vegetarian, G/F, D/F, and Allergy options)	(Vegetarian, G/F, D/F, and Allergy options)	(Vegetarian, G/F, D/F, and Allergy options)
Extras:	Fresh Spring Fruit.	Fresh Spring Fruit.	Fresh Spring Fruit.	Fresh Spring Fruit.	Fresh Spring Fruit.



Ingredients



02 December - 06 December 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish:	Cheese and Pesto Rolls	Apple and Sweet Cheese Cinnamon Scrolls	Crispy Tortillas with Mexican Chicken, Veggies and Cheese	Pasta with Roasted Tomato, Basil, and Garlic Sauce and Optional Parmesan Cheese.	Mixed Cookies, Vegetable Sticks, Cheese and Crackers
Ingredients:	Wholemeal bread rolls (G/F- gluten free rolls), baby spinach, fresh parsley, fresh basil, garlic, salt, olive oil, tasty cheese (D/F- dairy free cheese).	Apple, puff pastry (G/F, D/F, E/F - allergy puff pastry), sugar, cinnamon.	Wholemeal tortillas (G/F- gluten free tortillas), chicken (Vegetarian/Dietary Preference- omit), mixed vegetables (may include onion, carrot, zucchini, spinach, celery), garlic, tasty cheese (D/F- dairy free cheese), cumin, tomato salsa, pepper.	Pasta (G/F- gluten free pasta), tomato, tomato paste, vegetable stock, mixed vegetables (including carrot, onion, zucchini, celery), fresh parsley, fresh basil,	

Please refer to our website for a complete list of ingredients. The menu on offer is based on the healthy eating approach, and caters for basic dietary requirements such as vegetarian, gluten free and dairy free options. For afternoon tea, if your child does not wish to eat the snacks provided, families are more than welcome to supplement additional snack options for their child. Afternoon tea is a snack size serve supplemented with seasonal fresh fruit.