



Weekly Menu



17 February - 21 February 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:	Mexican Fiesta with Salsa, Guacamole, Tasty Cheese, and Natural Corn Chips	Mini Sausage Sizzle with Beef Chipolatas, Onion, Wholemeal Bread and Tomato Sauce	Apple and Cinnamon Scrolls	Pasta with Tomato Basil and garlic Sauce with Optional Parmesan Cheese	Frozen Fruit Juice Tubes, 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 Summer Fruit	Fresh Summer Fruit	Fresh Summer Fruit.	Fresh Summer Fruit	Fresh Summer Fruit.



Ingredients



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	Monday	Tuesday	Wednesday	Thursday	Friday
Dish:	Mexican Fiesta with Salsa, Guacamole, Tasty Cheese, and Natural Corn Chips	Mini Sausage Sizzle with Beef Chipolatas, Onion, Wholemeal Bread and Tomato Sauce	Apple and Cinnamon Scrolls	Pasta with Tomato Basil and garlic Sauce with Optional Parmesan Cheese	Frozen Fruit Juice Tubes, Cheese and Crackers.
Ingredients:	Natural corn chips, G/F tomato salsa, guacamole, tasty cheese (D/F cheese)	G/F beef chipolatas (Beef free and vegetarian options), wholemeal bread (G/F- gluten free bread), onion, tasty cheese (D/F- dairy free cheese), G/F tomato sauce.	Puff pastry (G/F, E/F, D/F- gluten, dairy and egg free puff pastry), apple, cinnamon, caster sugar	Pasta (G/F- gluten free pasta), tomato, tomato paste, onion, carrot, garlic, vegetable stock, celery, fresh basil, fresh parsley, vegetable stock. Optional cheese.	

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.