



# Weekly Menu



19 August - 23 August 2024

## Before School Care

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cereals:</b>	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.
<b>Other:</b>	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.
<b>Extras:</b>	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
<b>Offered:</b>	Pizza Scrolls	Crispy Chicken and Cheese Quesadillas	Choc Chip Muesli Slice	Homemade Cheese and Bacon Rolls	Picnic Platters with Fresh and Pickled Vegetables, Cheese, Ham, and Sourdough Rye Bread
<b>Options:</b>	(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)
<b>Extras:</b>	Fresh Winter Fruit	Fresh Winter Fruit.	Fresh Winter Fruit. Cheese and Crackers.	Fresh Winter Fruit.	Fresh Winter Fruit.



# Ingredients



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	Monday	Tuesday	Wednesday	Thursday	Friday
Dish:	Pizza Scrolls	Crispy Chicken and Cheese Quesadillas	Choc Chip Muesli Slice	Homemade Cheese and Bacon Rolls	Picnic Platters with Fresh and Pickled Vegetables, Cheese, Ham, and Sourdough Rye Bread
Ingredients:	Puff pastry (G/F, D/F, E/F- gluten, dairy and egg free puff pastry), tomato paste, G/F ham (Vegetarian/Dietary Preference- feta cheese), baby spinach, pizza cheese (D/F- dairy free cheese).	Wholemeal tortillas (G/F- gluten free tortillas), chicken (omit for vegetarian/dietary preference), mixed vegetables, brown rice, tomato salsa, tasty cheese, baby spinach, garlic, cumin, salt and pepper.	Wholemeal flour (G/F- gluten free flour), coconut, pepitas, sultanas, rolled oats (G/F- rolled quinoa), eggs (E/F- omit), raw sugar, choc chips (G/F, D/F- vegan choc chips), vanilla.	Wholemeal rolls (G/F- gluten free rolls), G/F bacon (Vegetarian/Dietary Preference- omit), baby spinach, pizza 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.