



Weekly Menu



Week Beginning 20/10/2025

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:	Penne Pasta with Roasted Tomato, Basil and Garlic Sauce and Optional Parmesan Cheese	Toasted Turkish Fingers with Ham, Cheese, Spinach and Relish	Apple Cinnamon Scrolls	Apricot and Pepita Muesli Slice	Sweet Cookie Selection, Veggie 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. Cheese and Crackers	Fresh Spring Fruit.	Fresh Spring Fruit.



Ingredients



Week Beginning 20/10/2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish:	Penne Pasta with Roasted Tomato, Basil and Garlic Sauce and Optional Parmesan Cheese	Toasted Turkish Fingers with Ham, Cheese, Spinach and Relish	Apple Cinnamon Scrolls	Apricot and Pepita Muesli Slice	Sweet Cookie Selection, Veggie Sticks, Cheese and Crackers.
Ingredients:	Penne Pasta (G/F- gluten free pasta), tomato, tomato paste, vegetable stock, onion, carrot, zucchini, garlic, basil, parsley, pepper. Optional Parmesan Cheese.	Turkish bread (G/F- gluten free Turkish bread), G/F ham (Pork free/Vegetarian-feta cheese), baby spinach, tasty cheese (Dairy Free-dairy free cheese), tomato relish.	Apple, puff pastry (G/F, D/F, E/F- gluten, dairy and egg free pastry), cinnamon, sugar.	Wholemeal flour (G/F- gluten free flour), coconut, apricots, pepitas, eggs (E/F apple sauce), rolled oats (G/F- rolled quinoa), butter (D/F vegetable oil margarine), raw sugar, vanilla.	

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.