



Weekly Menu



18 March - 22 March 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:	Margherita Pizza Squares	Apple Pie Crumble with Honey Yoghurt	Blueberry Muffins	Gourmet Hand Wraps with Ham, Cheese and Spinach	Picnic Platters with Fresh Vegetable Sticks, Cheese, Dip and Sour Dough Rye Bread
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 Autumn Fruit.	Fresh Autumn Fruit	Fresh Autumn Fruit. Cheese and Crackers	Fresh Autumn Fruit.	Fresh Autumn Fruit.



Ingredients



18 March - 22 March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish:	Margherita Pizza Squares	Apple Pie Crumble with Honey Yoghurt	Blueberry Muffins	Gourmet Hand Wraps with Ham, Cheese and Spinach	Picnic Platters with Fresh Vegetable Sticks, Cheese, Dip and Sour Dough Rye Bread
Ingredients:	Bread pizza base (G/F- gluten free bread pizza base), homemade tomato, basil and garlic sauce (tomato, tomato paste, onion, carrot, celery, zucchini, tomato paste, vegetable stock, pepper, garlic, parsley, basil), mozzarella cheese (D/F- diary free cheese).	Apples, rolled oats (G/F- rolled quinoa), wholemeal flour (G/F- gluten free flour), coconut (omit for allergy), sunflower seeds, raw sugar, butter (D/F- dairy free margarine), cinnamon, mixed spice. Natural Greek yoghurt (D/F- coconut yoghurt), natural honey.	Wholemeal flour, flour (G/F- gluten free flour), blueberries, buttermilk (D/F- rice milk and lemon juice), eggs (E/F- apple sauce), vegetable oil, sugar, vanilla.	Wholemeal wraps (G/F- gluten free wraps), G/F ham (Vegetarian/Dietary Preference- egg/cheese and salad), tasty cheese (D/F- diary free cheese), baby spinach, vegan mayonnaise.	

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.