



# Weekly Menu



20 May - 24 May 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 with Tomato, Ham, Spinach and Cheese	Cheese and Pesto Pull-Apart Rolls	Italian Apple and Yoghurt Cake	Mexican Rice with Tomato Salsa, Cheese, and Natural Corn Chips	Picnic Platters with Sour Dough Rye Bread, Vegetable Sticks, and Cheese
<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 Autumn Fruit	Fresh Autumn Fruit.	Fresh Autumn Fruit. Cheese and Crackers	Fresh Autumn Fruit.	Fresh Autumn Fruit.



# Ingredients



20 May - 24 May 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish:	Pizza Scrolls with Tomato, Ham, Spinach and Cheese	Cheese and Pesto Pull-Apart Rolls	Italian Apple and Yoghurt Cake	Mexican Rice with Tomato Salsa, Cheese, and Natural Corn Chips	Picnic Platters with Sour Dough Rye Bread, Vegetable Sticks, and Cheese
Ingredients:	Puff pastry (G/F- gluten free pastry), G/F tomato paste, fresh baby spinach, G/F leg ham, tasty cheese/mozzarella cheese (D/F- dairy free cheese)	Pesto (fresh baby spinach, fresh basil, fresh parsley, olive oil, lemon juice, garlic, salt), wholemeal bread rolls (G/F- gluten free rolls), feta cheese, parmesan cheese, tasty cheese (D/F- dairy free cheese).	Wholemeal self raising flour, apples, natural Greek yoghurt, (D/F- rice milk), eggs (E/F- apple sauce and cider vinegar), sugar, vegetable oil, vanilla.	Brown and white basmati rice, mixed vegetables (carrot, onion, zucchini, baby spinach), cumin, garlic, coriander seed, fresh coriander, tomato salsa, tasty cheese (D/F- dairy free cheese), G/F natural corn chips.	

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.