



# **April 2024 Vacation Care**

## **Menu and Ingredients List**

# Week 1 Monday 1st - Friday 5th April 2024

## Vacation Care Menu



### PUBLIC HOLIDAY

#### Tuesday

SILLY SPAGHETTI WITH BOLOGNAISE AND GARLIC BREAD



With Garden Salad

(GF, DF, Vegetarian and Allergy Option)

#### Wednesday

PARTY ON A PLATE WITH MAKE YOUR OWN NACHOS AND VEGGIE LOADED MEXICAN CHICKEN MINCE

(GF, DF, Vegetarian and Allergy Option)



With Cheese, Salsa, Guacomole and Sour Cream



#### Thursday

MAC N CHEESE WITH BACON CRUMBLE



(GF, DF, Vegetarian and Allergy Option)



With Green Garden Salad



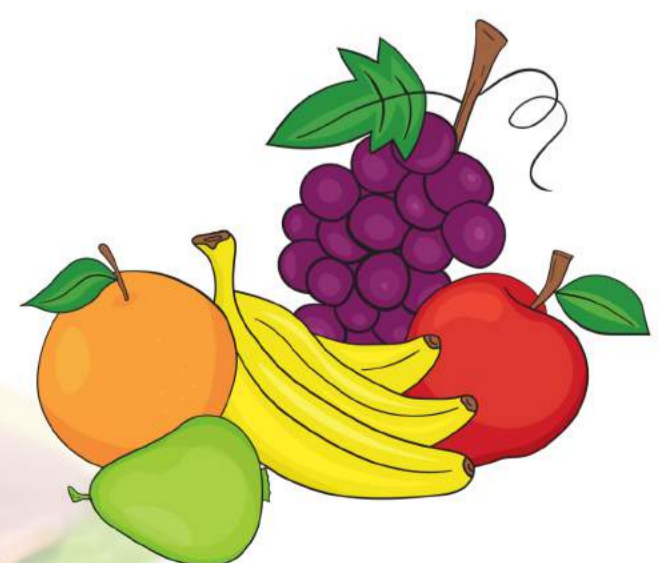
#### Friday

CREATE A PLATE, FRESH BREADROLLS WITH A CHOICE OF CHICKEN, LETTUCE, TOMATO, CUCUMBER, CARROT, CHEESE, EGG, RELISH AND MAYO

(GF, DF, Vegetarian and Allergy Option)



With Fresh Seasonal Fruit



# Week 1 Monday 1st - Friday 5th April 2024

# Vacation Care Ingredients



## PUBLIC HOLIDAY

### Tuesday

#### SILLY SPAGHETTI WITH BOLOGNAISE , GARLIC BREAD AND GARDEN SALAD

Spaghetti (G/F spaghetti), beef mince/pork mince (vegetarian/dietary preference-vegetarian mince), tomatoes, tomato paste, mixed vegetables (onion, carrot, celery, zucchini, capsicum), vegetable stock, garlic, fresh parsley, oregano, basil, bay leaf, pepper, olive oil. Pre-prepared Garlic bread (G/F garlic bread). Optional parmesan cheese. Fresh Garden Salad- mixed green leaves, cucumber, cherry tomatoes. (G/F, D/F, Soy Free, Nut Free, Vegetarian options available)



#### PARTY ON A PLATE WITH MAKE YOUR OWN NACHOS AND VEGGIE LOADED MEXICAN CHICKEN MINCE

Chicken mince (vegetarian/dietary preference- vegetarian mince), tomatoes, mixed vegetables (onion, carrot, zucchini, red capsicum, celery), black beans, garlic, cumin, coriander seed, fresh coriander, paprika, smoked paprika, vegetable stock, pepper, olive oil. Guacamole- avocado, lemon juice, garlic, salt, and pepper. G/F tomato salsa, tasty cheese (D/F- dairy free cheese), sour cream. (G/F, D/F, Soy Free, Nut Free, Vegetarian options available)

### Wednesday



### Thursday



#### MAC N CHEESE WITH BACON CRUMBLE AND GREEN GARDEN SALAD

Macaroni (G/F- macaroni), milk (D/F- rice milk), flour (G/F- gluten free flour), vegetable stock, onion, garlic, tasty cheese, parmesan cheese (D/F- dairy free cheese), bay leaf, butter (D/F- vegetable oil margarine), breadcrumbs (G/F- gluten free breadcrumbs), bacon (omit for dietary preference/vegetarian), fresh parsley. Garden Salad- mixed green salad leaves, cucumber, cherry tomatoes. (G/F, D/F, Soy Free, Nut Free, Vegetarian options available)

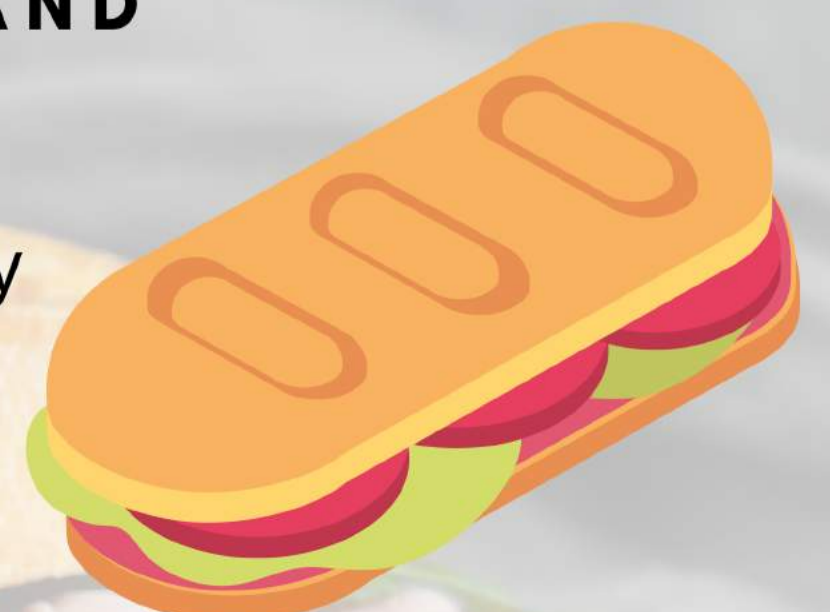


#### CREATE A PLATE!- FRESH BREAD ROLLS WITH YOUR CHOICE OF CHICKEN, LETTUCE, TOMATO, CUCUMBER, CARROT, CHEESE, EGG, RELISH, AND MAYO.

Wholemeal dinner rolls (G/F- gluten free rolls), chicken, tuna, carrot, egg, parsley, vegan mayonnaise, G/F tomato relish, tasty cheese (G/F cheese), tomato, cucumber, lettuce.

(G/F, D/F, Soy Free, Nut Free, Vegetarian options available)

### Friday



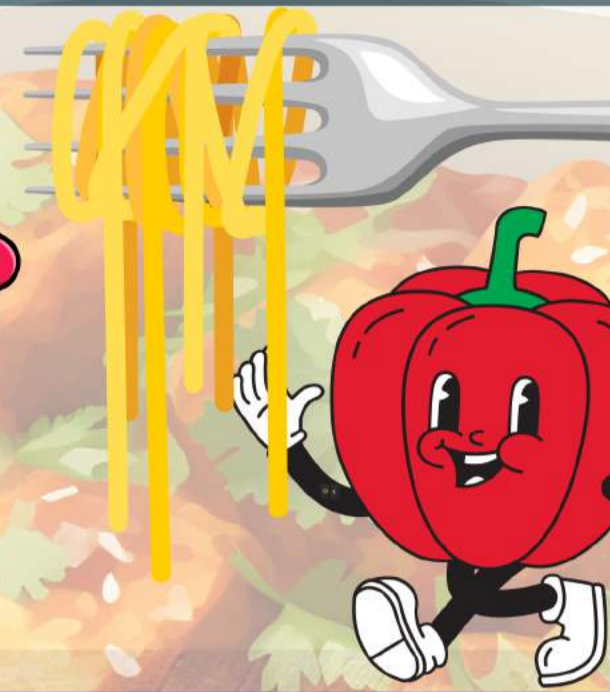
# Week 2 Monday 8th - Friday 12th April 2024

## Vacation Care Menu

### Monday

ROMANI CHICKEN  
PAPRIKASH WITH EGG  
NOODLES

(GF, DF, Vegetarian and  
Allergy Option)



With  
Fresh Seasonal Fruit

### Tuesday

FINNISH MEATBALLS WITH CHIPS, GRAVY,  
LINGONBERRY JAM

(GF, DF, Vegetarian and  
Allergy Option)



With  
Seasonal Vegetables

### Wednesday

BROWN RICE SUSHI BOWLS  
WITH FRESH SEASONAL  
VEGETABLES, TUNA,  
CHICKEN, TOFU, SESAME  
DRESSING AND NORI SEED  
SPRINKLE

(GF, DF, Vegetarian and  
Allergy Option)

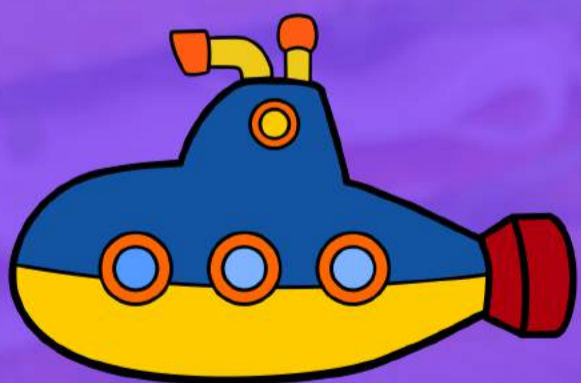


With  
Fresh Seasonal Fruit

### Thursday

HOME MADE SUB SELECTION

(GF, DF, Vegetarian and  
Allergy Option)



With  
Fresh Seasonal Fruit

### Friday

MARTIAN PASTA WITH  
SPACE ROCKS AND  
GARLIC BREAD

(GF, DF, Vegetarian and  
Allergy Option)



With  
Garden Salad

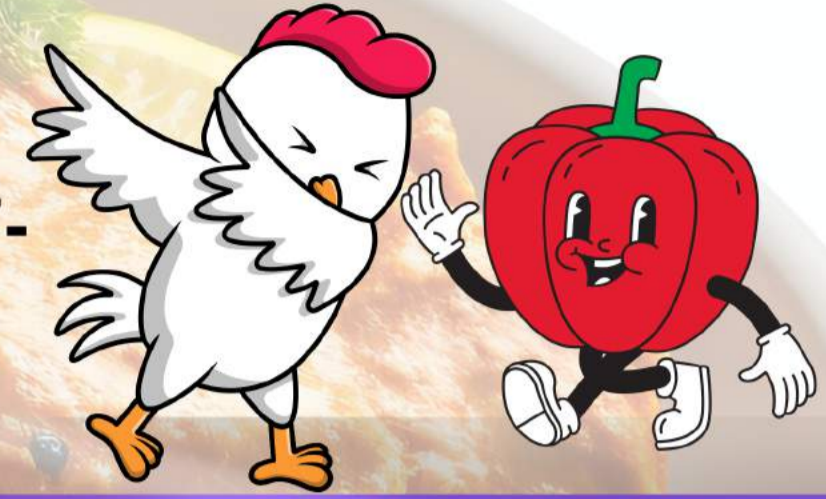
# Week 2 Monday 8th - Friday 12th April 2024 Vacation Care Ingredients



## Monday

### ROMANI CHICKEN PAPRIKASH WITH EGG NOODLES

Chicken (Vegetarian option), onion, tomato passata, garlic, sweet paprika, chicken stock, red capsicum, yellow capsicum, salt and pepper, sour cream (D/F-omit), fresh parsley, egg noodles (G/F, E/F- gluten free and egg free noodles). (G/F, D/F, Soy Free, Nut Free, Vegetarian options available)



## Tuesday

### FINNISH MEATBALLS WITH CHIPS, GRAVY, LINGONBERRY JAM

Beef and pork mince (Vegetarian/Dietary Preference- vegetarian meatballs), breadcrumbs (G/F- gluten free breadcrumbs), egg (E/F-omit egg), all spice, onion, olive oil, salt and pepper, beef stock, corn flour, cream (D/F- omit), fresh parsley. Chips- potato, vegetable oil. Seasonal vegetable- may include carrot, zucchini, broccoli, beans. Pre-prepared lingonberry jam (G/F, D/F, Soy Free, Nut Free, Vegetarian options available)



## Wednesday

### BROWN RICE SUSHI BOWLS WITH FRESH SEASONAL VEGETABLES, TUNA, CHICKEN, TOFU, SESAME DRESSING AND NORI SEED SPRINKLE

Brown Basmati rice, rice wine vinegar, seasonal vegetables (may include carrot, cucumber, celery, capsicum), tuna, vegan mayonnaise, chicken, G/F soy sauce, tofu, sesame seeds, sesame oil, olive oil, brown sugar, nori, pepitas, Japanese pickled ginger. (G/F, D/F, Soy Free, Nut Free, Vegetarian options available)



## Thursday

### HOME MADE SUB SELECTION

Wholemeal sub rolls (G/F- gluten free bread rolls), G/F meatballs, homemade tomato basil and garlic sauce (tomato, mixed vegetables including onion, carrot, celery, vegetable stock, tomato paste, pepper, basil, garlic, parsley), tasty cheese (D/F- dairy free cheese), tuna, vegan mayonnaise, falafels (chickpeas, garlic, parsley, egg, cumin, coriander, breadcrumbs), hummus, salad (lettuce tomato, cucumber). Subway Cookie Selection (G/F, D/F and E/F options)

(G/F, D/F, Soy Free, Nut Free, Vegetarian options available)



### MARTIAN PASTA WITH SPACE ROCKS AND GARLIC BREAD

Pasta (G/F- gluten free pasta), pesto (spinach, basil, parsley, garlic, lemon juice, olive oil, salt), bacon (omit for dietary preference and vegetarian), pre-prepared garlic bread (G/F, D/F option), mixed lettuce, cucumber, cherry tomatoes. (G/F, D/F, Soy Free, Nut Free, Vegetarian options available)

## Friday

