



Weekly Menu



22 April - 26 April 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. | Anzac Day Public Holiday | 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, Vegemite or Honey. Vegetable margarine available. |
| Extras: | 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: | Pasta with Tomato, Basil, and Garlic Sauce with Optional Parmesan Cheese. | Toasted Turkish with Ham, Cheese, Baby Spinach and Relish | Anzac Biscuits | Anzac Day Public Holiday | Sour Dough Rye Bread, Pickled Vegetables, Cheese and Hommus |
| 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. Cheese and Crackers. | Fresh Autumn Fruit. Cheese and Crackers | | Fresh Autumn Fruit. |



Ingredients



22 April - 26 April 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|--|--|--------------------------|---|
| Dish: | Pasta with Tomato, Basil, and Garlic Sauce with Optional Parmesan Cheese. | Toasted Turkish with Ham, Cheese, Baby Spinach and Relish | Anzac Biscuits | Anzac Day Public Holiday | Sour Dough Rye Bread, Pickled Vegetables, Cheese and Hommus |
| Ingredients: | Pasta (G/F- gluten free pasta), tomato, onion, carrot, celery, garlic, tomato paste, olive oil, vegetable stock, pepper, salt, basil, parsley. Optional Parmesan cheese. | Turkish bread (G/F- gluten free Turkish bread), G/F ham (omit for vegetarian), baby spinach, cheese (D/F- dairy free cheese), G/F tomato relish. | Rolled oats (G/F- rolled quinoa), wholemeal flour, coconut (omit for allergy), golden syrup, sugar, bicarbonate of soda. | | |

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.