



Weekly Menu



24 January - 28 January 2022

Before School Care

	Monday	Tuesday	Wednesday	Thursday	Friday
Offered:	Toast, cereal, and fruit.	Toast, cereal, and fruit.		Toast, cereal, and fruit.	Toast, cereal, and fruit.

Breakfast operates from 6:45am to 7:45am every morning, Monday to Friday.

After School Care

	Monday	Tuesday	Wednesday	Thursday	Friday
Offered:	Berry Muffins	Cheesy Green Pesto Tortillas	Australia Day Public Holiday	Tomato and Basil Pasta with Optional Parmesan Cheese	Carrot Cake Slice with Orange Drizzle
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 Summer Fruit Selection	Fresh Summer Fruit		Fresh Summer Fruit	Fresh Summer Fruit



Ingredients



24 January - 28 January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish:	Berry Muffins	Cheesy Green Pesto Tortillas	Australia Day Public Holiday	Tomato and Basil Pasta with Optional Parmesan Cheese	Carrot Cake Slice with Orange Drizzle
Ingredients:	Flour, berries, buttermilk (D/F rice milk and cider vinegar), eggs, vegetable oil, sugar, vanilla	Fresh basil, fresh parsley, zucchini, olive oil, lemon juice, garlic, cheese (D/F cheese), wholegrain wraps/tortillas		Dried penne pasta, tomato, onion, carrot, garlic, olive oil, fresh basil, parmesan cheese (optional)	Wholemeal flour, carrot, raw sugar, egg, vanilla, spices, fresh orange, icing sugar

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.