



# Weekly Menu



29 April - 3 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>	Thin Apple Tarts	Mini Sausage Sizzle	Choc Chip Muesli Slice	Pesto Pasta with Optional Parmesan Cheese	Frozen Apple Juice Cups
<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. Cheese and Crackers.



# Ingredients



29 April - 3 May 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish:	Thin Apple Tarts	Mini Sausage Sizzle	Choc Chip Muesli Slice	Pesto Pasta with Optional Parmesan Cheese	Frozen Apple Juice Cups
Ingredients:	Puff Pastry (G/F, D/F- gluten, dairy and egg free pastry), fresh apples, cinnamon, caster sugar.	Beef chipolata sausages (Beef Free/Vegetarian-chicken chipolatas/vegetarian sausages), wholemeal bread (G/F- gluten free bread), tasty cheese, G/F tomato sauce.	Wholemeal flour (G/F- gluten free flour), coconut (omit for allergy), rolled oats (G/F- rolled quinoa), eggs (E/F- apple sauce), choc chips (D/F, G/F- vegan dairy free chocolate), sultanas, sunflower seeds, raw sugar, butter (D/F- vegetable oil margarine), vanilla.	Pasta (G/F- gluten free pasta), baby spinach, parsley, garlic, fresh basil, lemon, olive oil, salt. Parmesan cheese (optional).	Apple juice.

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.