



Weekly Menu



24 March - 28 March 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.	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.
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, Fruit Jam 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	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:	Apple Crumble with Honey Yoghurt	Toasted Turkish Fingers with Pesto Greens	Blueberry Muffins	Oat and Sultana Muesli Slice	Natural Corn Chips, Guacamole, Salsa, and Tasty Cheese
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)	(Vegetarian, G/F, D/F, and Allergy options)
Extras:	Fresh Autumn Fruit.	Fresh Autumn Fruit	Fresh Autumn Fruit. Cheese and Crackers	Fresh Autumn Fruit. Cheese and Crackers	Fresh Autumn Fruit. Cheese and Crackers



Ingredients



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	Monday	Tuesday	Wednesday	Thursday	Friday
Dish:	Apple Crumble with Honey Yoghurt	Toasted Turkish Fingers with Pesto Greens	Blueberry Muffins	Oat and Sultana Muesli Slice	Natural Corn Chips, Guacamole, Salsa, and Tasty Cheese
Ingredients:	Apple, rolled oats (G/F- rolled quinoa), coconut, wholemeal flour, pepitas, butter (D/F- dairy free vegetable oil margarine), sugar, all spice, Natural Greek yoghurt, (D/F- coconut yoghurt), honey	Turkish bread (G/F- gluten free Turkish bread), pesto (spinach, basil, parsley, garlic, olive oil), baby spinach, tasty cheese, parmesan cheese (D/F- dairy free cheese).	Flour, wholemeal flour (G/F- gluten free flour), blueberries, butter milk (D/F- rice milk, cider vinegar), vegetable oil, eggs (E/F- apple sauce), sugar, vanilla.	Wholemeal flour (G/F- gluten free flour), sultanas, rolled oats (G/F- rolled quinoa), coconut, sunflower seeds, eggs (E/F- apple sauce), butter (D/F- vegetable oil margarine), raw sugar, mixed spice, vanilla	

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.