



# Weekly Menu



29 January - 2 February 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>	Pizza Scrolls with Ham, Cheese, Tomato and Baby Spinach.	Choc Chip and Oat Slice	Veggie Fried Rice	Mixed Berry Muffins	Fruit Cookies, Veggie Sticks, Cheese and Crackers
<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 Summer Fruit	Fresh Summer Fruit	Fresh Summer Fruit	Fresh Summer Fruit.	Fresh Summer Fruit



# Ingredients



29 January - 2 February 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish:	Pizza Scrolls with Ham, Cheese, Tomato and Baby Spinach.	Choc Chip and Oat Slice	Veggie Fried Rice	Mixed Berry Muffins	Fruit Cookies, Veggie Sticks, Cheese and Crackers
Ingredients:	Puff pastry (G/F, D/F Egg Free puff pastry), G/F tomato paste, baby spinach, G/F ham (vegetarian, dietary preference- feta cheese), tasty cheese, mozzarella cheese (D/F cheese).	Wholemeal flour (G/F- gluten free flour), rolled oats (G/F- rolled quinoa), coconut (omit for allergy), egg (E/F- apple sauce), sultanas, chocolate chips (D/F, G/F choc chips), brown sugar, butter (D/F- vegetable oil margarine), vanilla.	Brown Basmati rice, Basmati rice, mixed vegetables (may include onion, carrot, zucchini, celery, broccoli, capsicum), garlic, ginger, G/F tamari (omit for allergy).	Flour, wholemeal flour (G/F- gluten free flour), berries (raspberries, blueberries, blackberries, strawberries), buttermilk (D/F- rice milk and lemon juice), eggs (E/F- apple sauce), sugar, 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.