



January 2025 Vacation Care

Menu and Ingredients List

Wilston State School
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Week 2 Monday 5th January - 9th January 2026

Vacation Care Menu



Monday

CRISPY GOLDEN BATTERED FISH SERVED WITH THICK-CUT CHIPS

(GF, DF, Vegetarian and Allergy Option)



HAPPY NEW YEAR

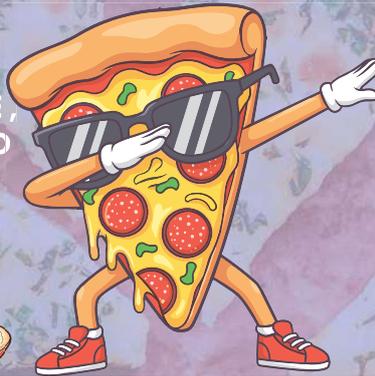


With Garden Salad

Tuesday

ROMAN PIZZA WITH CHEESE, HERBS AND GARLIC. SERVED WITH FRESH SALAD, AND SOURDOUGH BREAD.

(GF, DF, Vegetarian and Allergy Option)



With Garden Salad

Wednesday

FRESH POKE BOWLS WITH TERIYAKI CHICKEN, VEGGIES, TAMARI SEED SPRINKLE, AND BROWN RICE

(GF, DF, Vegetarian and Allergy Option)



Thursday

GHANAIAN CHICKEN KEBABS WITH SALAD AND FLAT BREAD.

(GF, DF, Vegetarian and Allergy Option)

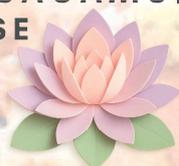


With Garden Salad

Friday

BEEF NACHOS WITH FRESH TOMATO SALSA, GUACAMOLE, SALADS AND CHEESE

(GF, DF, Vegetarian and Allergy Option)



With Summer Salad

Week 2 Monday 5th January - 9th January 2026

Vacation Care Menu



Monday

CRISPY GOLDEN BATTERED FISH SERVED WITH THICK-CUT CHIPS

Tempura fish pieces (G/F- gluten free fish pieces; Seafood free/Vegetarian- alternative option), salt and pepper, lettuce, cucumber, cherry tomatoes.

(GF, DF, Vegetarian and Allergy Option)

Tuesday

ROMAN PIZZA WITH CHEESE, HERBS AND GARLIC. SERVED WITH FRESH SALAD, AND SOURDOUGH BREAD.

Wholemeal flour (G/F- gluten free flour), yoghurt (D/F- dairy free yoghurt), salt, olive oil, ricotta cheese, feta cheese, parmesan cheese (D/F- dairy free cheese), baby spinach, parsley, basil, mixed salad leaves, cucumber, carrot, tomato, rye sourdough bread (G/F- gluten free bread).

(GF, DF, Vegetarian and Allergy Option)

Wednesday

FRESH POKE BOWLS WITH TERIYAKI CHICKEN, VEGGIES, TAMARI SEED SPRINKLE, AND BROWN RICE

brown rice, chicken (Vegetarian-tofu), garlic, G/F tamari, rice wine vinegar, ginger, cucumber, carrot, capsicum, cabbage, sunflower seeds, pepitas, sesame seeds, sesame oil, vegan mayonnaise.

(GF, DF, Vegetarian and Allergy Option)

Thursday

GHANAIAN CHICKEN KEBABS WITH SALAD AND FLAT BREAD.

Chicken (vegetarian- alternative available), olive oil, garlic, ginger, nutmeg, smoked paprika, tomato paste, salt, pepper, lemon, onion, capsicum, lettuce, cucumber, carrot, flat bread (G/F- gluten free flat bread).

(GF, DF, Vegetarian and Allergy Option)

Friday

BEEF NACHOS WITH FRESH TOMATO SALSA, GUACAMOLE, SALADS AND CHEESE

Natural corn chips, beef mince (Vegetarian/Dietary Preference- alternative available), onion, carrot, garlic, zucchini, capsicum, tomato, cumin, smoked paprika, chipotle, coriander, salt and pepper, olive oil, avocados, lemon, lettuce, cheese, sour cream.

(GF, DF, Vegetarian and Allergy Option)

Week 3 Monday 12th January – 16th January 2026

Vacation Care Menu



Monday

LOAD UP WITH PESTO PASTA,
GARLIC BREAD

(GF, DF,
Vegetarian and
Allergy Option)



With
Garden Salad

Tuesday

BUSH- SPICED SAVOURY MINCE
WITH JACKET POTATOES, AND
LEAFY GREENS

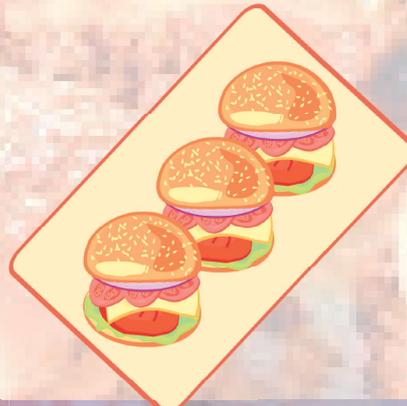
(GF, DF,
Vegetarian and
Allergy Option)



Wednesday

SLIPPERY SLIDERS WITH A
SELECTION OF DELICIOUS
FILLINGS

(GF, DF, Vegetarian and
Allergy Option)



Thursday

MAKE YOUR OWN! DESIGN A
WRAP FULL OF NUTRITIOUS
GOODNESS

(GF, DF, Vegetarian and
Allergy Option)



Friday

OODLES OF NOODLES WITH PORK AND
VEGGIES, SERVED WITH VEGGIE
SPRING ROLLS

(GF, DF,
Vegetarian and
Allergy Option)



Week 3 Monday 12th January – 16th January 2026

Vacation Care Menu



Monday

LOAD UP WITH PESTO PASTA, GARLIC BREAD AND GARDEN SALAD

Pasta (G/F- gluten free pasta), baby spinach, basil, garlic, olive oil, lemon, salt, parmesan cheese (optional), lettuce, cucumber, tomatoes, pre-prepared and garlic bread (G/F- gluten free garlic bread).

(GF, DF, Vegetarian and Allergy Option)

Tuesday

BUSH- SPICED SAVOURY MINCE WITH JACKET POTATOES, AND LEAFY GREENS

Beef mince (Dietary preference/Vegetarian- alternative available), onion, carrot, celery, salt bush, native thyme, garlic, vegetable stock, tomato paste, potatoes, olive oil, mixed greens.

(GF, DF, Vegetarian and Allergy Option)

Wednesday

SLIPPERY SLIDERS WITH A SELECTION OF DELICIOUS FILLINGS

Multi grain dinner rolls (G/F- gluten free rolls), beef slider patties (G/F- gluten free patties, Dietary preference/Vegetarian- options available), mixed lettuce, tomato, cucumber, tasty cheese, onion, burger pickles, tomato relish, BBQ sauce.

(GF, DF, Vegetarian and Allergy Option)

Thursday

MAKE YOUR OWN! DESIGN A WRAP FULL OF NUTRITIOUS GOODNESS TO FILL YOUR TUMMY.

Wholemeal wraps (G/F- gluten free wraps), tuna, chicken, cheese, egg, lettuce, carrot, cucumber, tomato, vegan mayonnaise.

(GF, DF, Vegetarian and Allergy Option)

Friday

OODLES OF NOODLES WITH PORK AND VEGGIES, SERVED WITH VEGGIE SPRING ROLLS

Singapore noodles (G/F- gluten free option), onion, capsicum, carrot, celery, zucchini, baby corn, pork mince (Dietary preference/Vegetarian- tofu), tamari, sesame oil, garlic, ginger, honey, rice wine vinegar. Vegetarian spring rolls (G/F- gluten free vegetarian spring rolls).

(GF, DF, Vegetarian and Allergy Option)