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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Cheese, dried fruit & rice crackers + Fruit & Vegies 	BYO	Cheese, dried fruit & rice crackers + Fruit & Vegies 	BYO	Cheese, dried fruit & rice crackers + Fruit & Vegies 
LUNCH	Ham and chicken salad wraps + Fruit & Vegies 	BYO	Chicken tacos + Fruit & Vegies 	BYO	Sauage rolls + Fruit & Vegies 
AFTERNOON TEA	Potato wedges + Fruit & Vegies 	Garlic bread + Fruit & Vegies 	Yoghurt, muesli & berries + Fruit & Vegies 	Banana bread + Fruit & Vegies 	Spinach & cheese pastry + Fruit & Vegies 
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

www.eatforhealth.gov.au * **Australian Guide to Healthy Eating**

Vacation Care Menu Week 2 (3.10.23 – 6.10.23)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	CENTRE CLOSED LABOURS DAY	Cheese, dried fruit & rice crackers + Fruit & Vegies 	BYO	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 
LUNCH		Lasagne + Fruit & Vegies 	BYO	Pizza scrolls + Fruit & Vegies 	Sausage Sizzle + Fruit & Vegies 
AFTERNOON TEA		Spinach & cheese pastry + Fruit & Vegies 	Banana bread + Fruit & Vegies 	Pikelets with spreads + Fruit & Vegies 	Yoghurt, muesli & berries + Fruit & Vegies 
LATE SNACK		Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

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