












Cycle week 1 Before School Care Menu

Available Daily	Monday	Tuesday	Wednesday	Thursday	Friday
*Wholemeal toast *Spreads include: Butter, Honey and Vegemite *Fresh Fruit *Cereals: Weet Bix & Muesli *Milk & Natural Yoghurt 	Yoghurt & Berries	English Muffins	Raisin Toast	Rice Bubbles	Pancakes
	Corn Flakes	Crumpets	Yoghurt & Berries	Pancakes	Raisin Toast

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes
 www.eatforhealth.gov.au * **Australian Guide to Healthy Eating**

After School Care Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal: Macaroni and cheese + Fruit & Vegies  Late Snack: Popcorn	Main Meal: Ham & Salad Wraps + Fruit & Vegies  Late Snack: Cooking Club	Main Meal: Beef Tacos + Fruit & Vegies  Late Snack: Cheese & crackers	Main Meal: Vegemite & Cheese Scrolls + Fruit & Vegies  Late Snack: Banana Bread	Main Meal: Yoghurt, muesli & berries + Fruit & Vegies  Late Snack: Arrowroot Biscuits
Main Meal: Potato bake + Fruit & Vegies  Late Snack: Banana Bread	Main Meal: Cheese Pizzas + Fruit & Vegies  Late Snack: Cooking Club	Main Meal: Spaghetti Bolognese + Fruit & Vegies  Late Snack: Popcorn	Main Meal: Chicken & veg stir fry + Fruit & Vegies  Late Snack: Dried fruit & cheese	Main Meal: Spinach & cheese pastries + Fruit & Vegies  Late Snack: Cheese & crackers











Cycle week 2

Before School Care Menu

	Raisin Toast	French Toast	Pancakes	Porridge	English Muffins
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■ Fruit
 ■ Proteins
 ■ Dairy
 ■ Grains
 ■ Vegetables & Legumes
 www.eatforhealth.gov.au * **Australian Guide to Healthy Eating**

After School Care Menu











Monday	Tuesday	Wednesday	Thursday	Friday
<p>Main Meal:</p> <p>Antipasto platter</p> <p>+ Fruit & Vegies</p>  <p>Late Snack:</p> <p>Arrowroot Biscuits</p>	<p>Main Meal:</p> <p>Ravioli</p> <p>+ Fruit & Vegies</p>  <p>Late Snack:</p> <p>Popcorn</p>	<p>Main Meal:</p> <p>Cheese, corn & bacon muffins</p> <p>+ Fruit & Vegies</p>  <p>Late Snack:</p> <p>Banana Bread</p>	<p>Main Meal:</p> <p>Yoghurt, frozen berries & muesli</p> <p>+ Fruit & Vegies</p>  <p>Late Snack:</p> <p>Cheese & crackers</p>	<p>Main Meal:</p> <p>Chicken hokkien noodles</p> <p>+ Fruit & Vegies</p>  <p>Late Snack:</p> <p>Cooking club</p>
<p>Main Meal:</p> <p>Mini beef burger</p> <p>+ Fruit & Vegies</p>  <p>Late Snack:</p> <p>Popcorn</p>	<p>Main Meal:</p> <p>Chicken burritos</p> <p>+ Fruit & Vegies</p>  <p>Late Snack:</p> <p>Banana Bread</p>	<p>Main Meal:</p> <p>Lasagne</p> <p>+ Fruit & Vegies</p>  <p>Late Snack:</p> <p>Arrowroot biscuits</p>	<p>Main Meal:</p> <p>Honey vegetable rice noodles</p> <p>+ Fruit & Vegies</p>  <p>Late Snack:</p> <p>Cheese & crackers</p>	<p>Main Meal:</p> <p>Pizza scrolls</p> <p>+ Fruit & Vegies</p>  <p>Late Snack:</p> <p>Cooking Club</p>

Cycle week 3 Before School Care Menu

	Yoghurt & berries	Pikelets	Rice bubbles	English muffins	Raisin Toast
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■ Fruit
 ■ Proteins
 ■ Dairy
 ■ Grains
 ■ Vegetables & Legumes
 www.eatforhealth.gov.au * **Australian Guide to Healthy Eating**

After School Care Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal: Yoghurt, muesli & berries + Fruit & Vegies  Late Snack: Cheese & crackers	Main Meal: Sausage Rolls + Fruit & Vegies  Late Snack: Cooking Club	Main Meal: Chicken Burritos + Fruit & Vegies  Late Snack: Arrowroot biscuits	Main Meal: Macaroni & cheese + Fruit & Vegies  Late Snack: Popcorn	Main Meal: Garlic bread + Fruit & Vegies  Late Snack: Banana bread
Main Meal: Napolitena Pasta + Fruit & Vegies  Late Snack: Popcorn	Main Meal: Hokkien vege noodles + Fruit & Vegies  Late Snack: Cooking Club	Main Meal: Ham & cheese pizzas + Fruit & Vegies  Late Snack: Cheese & crackers	Main Meal: Fried Rice + Fruit & Vegies  Late Snack: Banana bread	Main Meal: Pikelets w spreads + Fruit & Vegies  Late Snack: Arrowroot biscuits