































## Vacation Care Menu Week 1 (5.1.26 – 9.1.26)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 
LUNCH	Napolitana penne pasta  <b>+ Fruit &amp; Vegies</b> 	Beef tacos  <b>+ Fruit &amp; Vegies</b> 	Butter chicken  <b>+ Fruit &amp; Vegies</b> 	Meatballs & potato wedges  <b>+ Fruit &amp; Vegies</b> 	Lasagne  <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA	Spinach and cheese pastry  <b>+ Fruit &amp; Vegies</b> 	Rice cakes with ham and cheese  <b>+ Fruit &amp; Vegies</b> 	Banana bread  <b>+ Fruit &amp; Vegies</b> 	Yoghurt, muesli and berries  <b>+ Fruit &amp; Vegies</b> 	Garlic bread  <b>+ Fruit &amp; Vegies</b> 
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers
















## Vacation Care Menu Week 2 (12.1.25 – 16.1.25)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 
LUNCH	Ham & chicken salad wraps  <b>+ Fruit &amp; Vegies</b> 	Pizza  <b>+ Fruit &amp; Vegies</b> 	Pesto pasta  <b>+ Fruit &amp; Vegies</b> 	Assorted sandwiches  <b>+ Fruit &amp; Vegies</b> 	Chicken taco  <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA	Yoghurt, muesli & berries  <b>+ Fruit &amp; Vegies</b> 	Cinnamon rolls  <b>+ Fruit &amp; Vegies</b> 	Rice cakes with ham & cheese  <b>+ Fruit &amp; Vegies</b> 	Veggie nachos  <b>+ Fruit &amp; Vegies</b> 	Banana bread  <b>+ Fruit &amp; Vegies</b> 
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](http://www.eatforhealth.gov.au) \* Australian Guide to Healthy Eating

## Vacation Care Menu Week 3 (19.1.26 – 23.1.26)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 
LUNCH	Chicken burrito  <b>+ Fruit &amp; Vegies</b> 	Fried rice  <b>+ Fruit &amp; Vegies</b> 	Creamy pasta  <b>+ Fruit &amp; Vegies</b> 	Chipotle taco  <b>+ Fruit &amp; Vegies</b> 	Sausage sizzle  <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA	Spring rolls  <b>+ Fruit &amp; Vegies</b> 	Garlic bread  <b>+ Fruit &amp; Vegies</b> 	Yoghurt, muesli & berries  <b>+ Fruit &amp; Vegies</b> 	Pikelets with spreads  <b>+ Fruit &amp; Vegies</b> 	Yoghurt, muesli & berries  <b>+ Fruit &amp; Vegies</b> 
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers

## Vacation Care Menu Week 4 (26.1.26 – 30.1.26)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	<b>CENTRE CLOSED</b>  	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 
LUNCH		Sausage rolls  <b>+ Fruit &amp; Vegies</b> 	Macaroni & cheese  <b>+ Fruit &amp; Vegies</b> 	Crumbed fish fillet with fries  <b>+ Fruit &amp; Vegies</b> 	Fried rice  <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA		Rice cakes with ham, cheese & spreads  <b>+ Fruit &amp; Vegies</b> 	Yoghurt, muesli & berries  <b>+ Fruit &amp; Vegies</b> 	Cruskits with spread  <b>+ Fruit &amp; Vegies</b> 	Banana Bread  <b>+ Fruit &amp; Vegies</b> 
LATE SNACK		Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers