




























## Vacation Care Menu Week 1 (30.9.23 – 4.10.23)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Cheese, dried fruit and rice crackers <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit and rice crackers <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit and rice crackers <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit and rice crackers <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit and rice crackers <b>+ Fruit &amp; Vegies</b> 
LUNCH	Ham and chicken salad wraps <b>+ Fruit &amp; Vegies</b> 	Pesto Pasta <b>+ Fruit &amp; Vegies</b> 	Chicken burritos <b>+ Fruit &amp; Vegies</b> 	Sauage rolls <b>+ Fruit &amp; Vegies</b> 	Pizza <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA	Potato wedges <b>+ Fruit &amp; Vegies</b> 	Garlic bread <b>+ Fruit &amp; Vegies</b> 	Yoghurt, muesli and berries <b>+ Fruit &amp; Vegies</b> 	Banana bread <b>+ Fruit &amp; Vegies</b> 	Spinach and cheese pastry <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 2 (7.10.23 – 11.10.23)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	<b>CENTRE CLOSED LABOURS DAY</b>	Cheese, dried fruit and rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit and rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit and rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit and rice crackers  <b>+ Fruit &amp; Vegies</b> 
LUNCH		Beef Taco  <b>+ Fruit &amp; Vegies</b> 	Macaroni and cheese  <b>+ Fruit &amp; Vegies</b> 	Butter Chicken  <b>+ Fruit &amp; Vegies</b> 	Burgers  <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA		Cruskits with cream cheese  <b>+ Fruit &amp; Vegies</b> 	Banana bread  <b>+ Fruit &amp; Vegies</b> 	Pikelets with spreads  <b>+ Fruit &amp; Vegies</b> 	Yoghurt, muesli and berries  <b>+ Fruit &amp; Vegies</b> 
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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