































Vacation Care Menu Week 1 (18.12.23 – 22.12.23)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 
LUNCH	Lasagne + Fruit & Vegies 	Ham and chicken salad wraps + Fruit & Vegies 	Chicken tacos + Fruit & Vegies 	Napolitana penne pasta + Fruit & Vegies 	Sausage rolls + Fruit & Vegies 
AFTERNOON TEA	Potato wedges + Fruit & Vegies 	Garlic bread + Fruit & Vegies 	Spinach & cheese pastry + Fruit & Vegies 	Banana bread + 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	Arrowroot biscuits/ rice crackers

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

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Vacation Care Menu Week 2 (8.1.24 – 12.1.24)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 
LUNCH	Napolitana penne pasta + Fruit & Vegies 	Beef tacos + Fruit & Vegies 	Assorted sandwiches + Fruit & Vegies 	Pizza scrolls + Fruit & Vegies 	Lasagne + Fruit & Vegies 
AFTERNOON TEA	Spinach and cheese pastry + Fruit & Vegies 	Rice cakes with ham and cheese + Fruit & Vegies 	Banana bread + Fruit & Vegies 	Garlic bread + Fruit & Vegies 	Potato wedges + 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
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Vacation Care Menu Week 3 (15.1.24 – 19.1.24)

Week 3	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	Beef tacos + Fruit & Vegies 	BYO	Sausage sizzle + Fruit & Vegies 
AFTERNOON TEA	Veggie nachos + Fruit & Vegies 	Garlic bread + Fruit & Vegies 	Rice cakes with ham and cheese + Fruit & Vegies 	Banana bread + Fruit & Vegies 	Potato wedges + 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

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Vacation Care Menu Week 4 (22.1.24 – 26.1.24)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Cheese, dried fruit & rice crackers + Fruit & Vegies 	BYO	Cheese, dried fruit & rice crackers + Fruit & Vegies 	BYO	 CENTRE IS CLOSED
LUNCH	Hot dogs + Fruit & Vegies 	BYO	Sausage rolls + Fruit & Vegies 	BYO	
AFTERNOON TEA	Pikelets with spreads + Fruit & Vegies 	Garlic bread + Fruit & Vegies 	Yoghurt, muesli & berries + Fruit & Vegies 	Banana bread + 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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Vacation Care Menu Week 5 (29.1.24 – 31.1.24)

Week 5	Monday	Tuesday	Wednesday
MORNING TEA	Cheese, dried fruit & rice crackers + Fruit & Vegies 	BYO	Cheese, dried fruit & rice crackers + Fruit & Vegies 
LUNCH	Assorted sandwiches + Fruit & Vegies 	BYO	Chicken tacos + Fruit & Vegies 
AFTERNOON TEA	Yoghurt, muesli and berries + Fruit & Vegies 	Garlic bread + Fruit & Vegies 	Pikelets with spreads + Fruit & Vegies 
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

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