












Cycle Week 3

Before School Care Menu

Available daily	Monday	Tuesday	Wednesday	Thursday	Friday
*Wholemeal toast *Spreads include: Butter, honey and vegemite *Fresh fruit *Cereals: Weet-Bix and muesli *Milk and natural yoghurt	Scrambled eggs	Yoghurt and berries	Ricotta banana honey toast	Hash brown	Croissant
	Croissant	Rasin toast	English muffin	Waffles	Yoghurt and berries

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

After School Care Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Main meal: Beef and vegetable curry + fruit and veggies  Late snack: Cheese and crackers	Main meal: Tuna and sweet potato patties + fruit and veggies  Late snack: Popcorn	Main meal: Sausage rolls + fruit and veggies  Late snack: Banana bread	Main meal: Bolognese toastie + fruit and veggies  Late snack: Cruskit with guacamole	Main meal: Spring rolls + fruit and veggies  Late snack: Dried fruit and cheese
Main meal: Mini burgers + fruit and veggies  Late snack: Banana bread	Main meal: Pesto pasta + fruit and veggies  Late snack: Fruit salad	Main meal: Dumplings + fruit and veggies  Late snack: Arrowroot biscuits	Main meal: Chicken tacos + fruit and veggies  Late snack: Cruskit with ricotta	Main meal: Cheese puff twists + fruit and veggies  Late snack: Popcorn