










## Vacation Care Menu Week 1 (19.12.24 – 20.12.24)
















Week 1	Thursday	Friday
MORNING TEA	Cheese, dried fruit & rice crackers <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers <b>+ Fruit &amp; Vegies</b> 
LUNCH	Pizza Scrolls <b>+ Fruit &amp; Vegies</b> 	Sausage rolls <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA	Potato wedges <b>+ Fruit &amp; Vegies</b> 	Garlic bread <b>+ Fruit &amp; Vegies</b> 
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers

## Vacation Care Menu Week 2 (23.12.23)
















Week 2	Monday
MORNING TEA	Cheese, dried fruit & rice crackers <b>+ Fruit &amp; Vegies</b> 
LUNCH	Ham & chicken salad wraps <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA	Yoghurt, muesli & berries <b>+ Fruit &amp; Vegies</b> 
LATE SNACK	Arrowroot biscuits/ rice crackers



## Vacation Care Menu Week 3 (6.1.24 – 10.1.24)

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	Napolitana penne pasta  <b>+ Fruit &amp; Vegies</b> 	Beef tacos  <b>+ Fruit &amp; Vegies</b> 	Assorted sandwiches  <b>+ Fruit &amp; Vegies</b> 	Pizza  <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> 	Potato wedges  <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 4 (13.1.25 – 17.1.25)

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	Ham & chicken salad wraps <b>+ Fruit &amp; Vegies</b> 	Potato Wedges <b>+ Fruit &amp; Vegies</b> 	Vegetable quesadilla <b>+ Fruit &amp; Vegies</b> 	Spaghetti bolognese <b>+ Fruit &amp; Vegies</b> 	Chicken taco <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA	Yoghurt, muesli & berries <b>+ Fruit &amp; Vegies</b> 	Garlic bread <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 4 (20.1.25 – 24.1.25)

Week 4	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	Fried rice <b>+ Fruit &amp; Vegies</b> 	Chicken burrito <b>+ Fruit &amp; Vegies</b> 	Creamy pasta <b>+ Fruit &amp; Vegies</b> 	Sausage sizzle <b>+ Fruit &amp; Vegies</b> 	Spring rolls <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

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# Vacation Care Menu Week 5 (28.1.25 – 31.1.25)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	<p><b>CENTRE CLOSED</b></p> 	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> 	Pizza <b>+ Fruit &amp; Vegies</b> 	Fried rice <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA		Crackers 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

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## Vacation Care Menu Week 6 (3.2.25 – 5.2.25)

Week 5	Monday	Tuesday	Wednesday
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> 
LUNCH	Assorted sandwiches <b>+ Fruit &amp; Vegies</b> 	Lasagna <b>+ Fruit &amp; Vegies</b> 	Chicken tacos <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA	Yoghurt, muesli and berries <b>+ Fruit &amp; Vegies</b> 	Garlic bread <b>+ Fruit &amp; Vegies</b> 	Potato Wedges <b>+ Fruit &amp; Vegies</b> 
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers