






















Vacation Care Menu Week 1 (14.4.23 – 18.4.23)

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 	Centre Closed Public Holiday Good Friday
LUNCH	Ham and Chicken Vegetable Wraps + Fruit & Vegies 	Pizza + Fruit & Vegies 	Burgers + Fruit & Vegies 	Pesto Pasta + Fruit & Vegies 	
AFTERNOON TEA	Spinach & cheese pastry + Fruit & Vegies 	Rice Cakes w/ spreads + Fruit & Vegies 	Banana Bread + Fruit & Vegies 	Pikelets w/ spreads + Fruit & Vegies 	
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	







Vacation Care Menu Week 2 (21.4.23 – 25.4.23)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Centre Closed Public Holiday Easter Monday	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Centre Closed Public Holiday Anzac Day
LUNCH		Spaghetti Bolognese + Fruit & Vegies 	Taco + Fruit & Vegies 	Sushi + Fruit & Vegies 	
AFTERNOON TEA		Rice cakes w ham & cheese + Fruit & Vegies 	Yoghurt, muesli & berries + Fruit & Vegies 	Raspberry banana tacos + Fruit & Vegies 	
LATE SNACK		Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

www.eatforhealth.gov.au * **Australian Guide to Healthy Eating**

Vacation Care Menu Week 3 (28.4.23 – 29.4.23)

Week 1	Monday	Tuesday
MORNING TEA	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 
LUNCH	Ham and Chicken Vegetable Wraps + Fruit & Vegies 	Pizza + Fruit & Vegies 
AFTERNOON TEA	Spinach & cheese pastry + Fruit & Vegies 	Yoghurt, muesli & berries + Fruit & Vegies 
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

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