










Vacation Care Menu Week 1 (19.12.24 – 20.12.24)
















Week 1	Thursday	Friday
MORNING TEA	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 
LUNCH	Pizza Scrolls + Fruit & Vegies 	Sausage rolls + Fruit & Vegies 
AFTERNOON TEA	Potato wedges + Fruit & Vegies 	Garlic bread + Fruit & Vegies 
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 + Fruit & Vegies 
LUNCH	Ham & chicken salad wraps + Fruit & Vegies 
AFTERNOON TEA	Yoghurt, muesli & berries + Fruit & Vegies 
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 + 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 + 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 	Potato wedges + Fruit & Vegies 	Garlic bread + Fruit & Vegies 
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 + 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	Ham & chicken salad wraps + Fruit & Vegies 	Potato Wedges + Fruit & Vegies 	Vegetable quesadilla + Fruit & Vegies 	Spaghetti bolognese + Fruit & Vegies 	Chicken taco + Fruit & Vegies 
AFTERNOON TEA	Yoghurt, muesli & berries + Fruit & Vegies 	Garlic bread + Fruit & Vegies 	Rice cakes with ham & cheese + Fruit & Vegies 	Veggie nachos + Fruit & Vegies 	Banana bread + 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

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














Vacation Care Menu Week 5 (20.1.25 – 24.1.25)

Week 4	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	Fried rice + Fruit & Vegies 	Chicken burrito + Fruit & Vegies 	Creamy pasta + Fruit & Vegies 	Sausage sizzle + Fruit & Vegies 	Spring rolls + Fruit & Vegies 
AFTERNOON TEA	Spring rolls + Fruit & Vegies 	Garlic bread + Fruit & Vegies 	Yoghurt, muesli & berries + Fruit & Vegies 	Pikelets with spreads + 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
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Vacation Care Menu Week 6 (28.1.25 – 31.1.25)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	<p>CENTRE CLOSED</p> 	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		Sausage rolls + Fruit & Vegies 	Macaroni & cheese + Fruit & Vegies 	Pizza + Fruit & Vegies 	Fried rice + Fruit & Vegies 
AFTERNOON TEA		Crackers with ham, cheese & spreads + Fruit & Vegies 	Yoghurt, muesli & berries + Fruit & Vegies 	Cruskits with spread + 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 7 (3.2.25 – 5.2.25)

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