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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 	Closed
LUNCH	Beef Tacos + Fruit & Vegies 	Lasagne + Fruit & Vegies 	Hot dogs + Fruit & Vegies 	Sandwiches + Fruit & Vegies 	Closed
AFTERNOON TEA	Rice cakes w ham & cheese + Fruit & Vegies 	Potato wedges + Fruit & Vegies 	Yoghurt, muesli & berries + Fruit & Vegies 	Pikelets w spreads + Fruit & Vegies 	Closed
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Closed

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

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




Vacation Care Menu Week 2 (18/4/22 - 22/4/22)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Closed	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	Closed	Sausage rolls + Fruit & Vegies 	Lasagne + Fruit & Vegies 	Chicken taco + Fruit & Vegies 	Ham & salad wraps + Fruit & Vegies 
AFTERNOON TEA	Closed	Rice cakes w ham & cheese + Fruit & Vegies 	Pikelets w spreads + Fruit & Vegies 	Yoghurt, muesli & berries + Fruit & Vegies 	Potato wedges + Fruit & Vegies 
LATE SNACK	Closed	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 3 (25/4/22 – 26/4/22)

Week 3	Monday	Tuesday
MORNING TEA	Closed	Cheese, dried fruit & rice crackers + Fruit & Vegies 
LUNCH	Closed	Sausage Sizzle + Fruit & Vegies 
AFTERNOON TEA	Closed	Croissants with spreads + Fruit & Vegies 
LATE SNACK	Closed	Arrowroot biscuits/ rice crackers

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

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