


















Vacation Care Menu Week 1 (29/9/20 – 2/10/20)













Week 1		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	Lasagne + Fruit & Vegies 	Sandwiches + Fruit & Vegies 	BYO Lunch + Fruit & Vegies 	Ham & salad wraps + Fruit & Vegies 	Beef Tacos + Fruit & Vegies 
AFTERNOON TEA	Banana Bread + Fruit & Vegies 	Muesli, Yoghurt and berries + Fruit & Vegies 	Spinach & cheese pastries + Fruit & Vegies 	Pikelets w spreads + Fruit & Vegies 	Rice cakes w ham & cheese + 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 2 (5/10/2 - 9/10/20)

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

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Closed P/H	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 P/H	Beef Tacos + Fruit & Vegies 	Lasagne + Fruit & Vegies 	Sandwiches + Fruit & Vegies 	Ham & salad wraps + Fruit & Vegies 
AFTERNOON TEA	Closed P/H	Banana Bread + Fruit & Vegies 	Pikelets w spreads + Fruit & Vegies 	Yoghurt, muesli & berries + Fruit & Vegies 	Spinach & cheese pastries + Fruit & Vegies 
LATE SNACK	Closed P/H	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers