

Vacation Care Menu Week 1 (29.9.25 – 3.10.25)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Cheese, dried fruit and rice crackers + fruit & veggies 	Cheese, dried fruit and rice crackers + fruit & veggies 	Cheese, dried fruit and rice crackers + fruit & veggies 	Cheese, dried fruit and rice crackers + fruit & veggies 	Cheese, dried fruit and rice crackers + fruit & veggies 
LUNCH	Ham and chicken salad wraps + fruit & veggies 	Pesto pasta + fruit & veggies 	Sauage rolls + fruit & veggies 	Chicken burritos + fruit & veggies 	Pizza + fruit & veggies 
AFTERNOON TEA	Potato wedges + fruit & veggies 	Garlic bread + fruit & veggies 	Yoghurt, muesli and berries + fruit & veggies 	Banana bread + fruit & veggies 	Spinach and cheese pastry + fruit & veggies 
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 (6.10.23 – 10.10.23) – Week 3 (13.10.25)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Monday
MORNING TEA	CENTRE CLOSED LABOURS DAY	Cheese, dried fruit and rice crackers + fruit & veggies 	Cheese, dried fruit and rice crackers + fruit & veggies 	Cheese, dried fruit and rice crackers + fruit & veggies 	Cheese, dried fruit and rice crackers + fruit & veggies 	Cheese, dried fruit and rice crackers + fruit & veggies 
LUNCH		Beef tacos + fruit & veggies 	Pizza and fruit flower skewers + fruit & veggies 	Butter chicken + fruit & veggies 	Burgers + fruit & veggies 	Chicken and vegetables with rice + fruit & veggies 
AFTERNOON TEA		Cruskits with cream cheese + fruit & veggies 	Yoghurt bowls + fruit & veggies 	Pikelets with spreads + fruit & veggies 	Banana bread + fruit & veggies 	Beagles with cream cheese + fruit & veggies 
LATE SNACK		Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers