












# Cycle Week 1

# Before School Care Menu

| Available daily   | Monday              | Tuesday         | Wednesday           | Thursday           | Friday       |
|---|---------------------|-----------------|---------------------|--------------------|--------------|
| *Wholemeal toast<br>*Spreads include: Butter, honey and vegemite<br>*Fresh fruit<br>*Cereals: Weet-Bix and muesli<br>*Milk and natural yoghurt<br> | Yoghurt and berries | English muffins | Raisin toast        | Rice bubbles       | Pancakes     |
|   | Corn flakes         | Crumpets        | Yoghurt and berries | Blueberry pancakes | Raisin toast |

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables and legumes
 [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au) \* Australian Guide to Healthy Eating

# After School Care Menu

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| Main meal:<br><br><b>Ham and salad wraps</b><br>+ fruit and veggies<br><br>Late snack:<br>Fruit salad              | Main meal:<br><br><b>Macaroni and cheese</b><br>+ fruit and veggies<br><br>Late snack:<br>Popcorn                     | Main meal:<br><br><b>Fried rice with chicken</b><br>+ fruit and veggies<br><br>Late snack:<br>Cheese and crackers | Main meal:<br><br><b>Beef tacos</b><br>+ fruit and veggies<br><br>Late snack:<br>Arrowroot biscuits   | Main meal:<br><br><b>Yoghurt, muesli and berries</b><br>+ fruit and veggies<br><br>Late snack:<br>Banana bread      |
| Main meal:<br><br><b>Potato wedges</b><br>+ fruit and veggies<br><br>Late snack:<br>Rice cakes with cream cheese | Main meal:<br><br><b>Blueberry muffin with milk</b><br>+ fruit and veggies<br><br>Late snack:<br>Arrowroot biscuits | Main meal:<br><br><b>Spaghetti bolognese</b><br>+ fruit and veggies<br><br>Late snack:<br>Bruschetta            | Main meal:<br><br><b>Corny chicken burgers</b><br>+ fruit and veggies<br><br>Late snack:<br>Popcorn | Main meal:<br><br><b>Ham and cheese toasties</b><br>+ fruit and veggies<br><br>Late snack:<br>Cheese and crackers |