
















Vacation Care Menu Week 1 (7.4.26 – 10.4.26)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA		Cheese, dried fruit and rice crackers + fruit and veggies 	Cheese, dried fruit and rice crackers + fruit and veggies 	Cheese, dried fruit and rice crackers + fruit and veggies 	Cheese, dried fruit and rice crackers + fruit and veggies
LUNCH		Beef tacos + fruit and veggies 	Butter chicken + fruit and veggies 	Meatballs and potato wedges + fruit and veggies 	Lasagne + fruit and veggies
AFTERNOON TEA		Rice cakes with ham and cheese + fruit and veggies 	Banana bread + fruit and veggies 	Yoghurt, muesli and berries + fruit and veggies 	Garlic bread + fruit and veggies
LATE SNACK		Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers







Vacation Care Menu Week 2 (13.1.25 – 17.1.25)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Cheese, dried fruit and rice crackers + fruit and veggies 	Cheese, dried fruit and rice crackers + fruit and veggies 	Cheese, dried fruit and rice crackers + fruit and veggies 	Cheese, dried fruit and rice crackers + fruit and veggies 	Cheese, dried fruit and rice crackers + fruit and veggies 
LUNCH	Ham and chicken salad wraps + fruit and veggies 	Pizza + fruit and veggies 	Pesto pasta + fruit and veggies 	Assorted sandwiches + fruit and veggies 	Chicken taco + fruit and veggies 
AFTERNOON TEA	Yoghurt, muesli and berries + fruit and veggies 	Garlic bread + fruit and veggies 	Rice cakes with ham and cheese + fruit and veggies 	Veggie nachos + fruit and veggies 	Banana bread + fruit and 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 3 (20.4.26 – 21.4.26)

Week 3	Monday	Tuesday
MORNING TEA	Cheese, dried fruit and rice crackers + fruit and veggies 	Cheese, dried fruit and rice crackers + fruit and veggies 
LUNCH	Chicken burrito + fruit and veggies 	Fried rice + fruit and veggies 
AFTERNOON TEA	Spring rolls + fruit and veggies 	Garlic bread + fruit and veggies 
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

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