

WEEK ONE MENU - TERM

Reviewed July 2023 / Effective 17.07.23



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	PANCAKES & JUICE	TOASTED SANDWICHES (Ham, Cheese, Tomato) & MILO	PORRIDGE & JUICE	BACON & CHEESE SANDWICHES & MILO	SMASHED AVOCADO ON TOAST & JUICE
AFTERNOON	FLAVOURED RICE CAKES	BAKED TREAT	CHICKEN SANDWICHES	CUSTARD & FRUIT SALAD CUPS <i>OR</i> PUMPKIN SOUP (JUNE/JULY)	CHEESY TOMATO PASTA
FRUIT	ORANGES & APPLES	APPLES CARROT, CUCUMBER & CHEESE CHUNKS	APPLES SULTANAS & DRIED APRICOTS	APPLES & ROCKMELON	WATERMELON & BANANAS

- THIS WEEK'S SPECIAL CEREAL: CHEERIOS
- THIS WEEK'S SPECIAL JUICE: APPLE

BREAKFAST ITEMS OFFERED DAILY:

WHEAT BIX | RICE BUBBLES | GLUTEN FREE CEREAL | FRESH SEASONAL FRUIT | WATER | SMARTER WHITE MILK | LACTOSE FREE MILK | MULTIGRAIN/WHITE TOAST | GLUTEN-FREE TOAST | VEGEMITE | JAM | HONEY | GLUTEN-FREE SPREADS

AFTERNOON TEA ITEMS OFFERED DAILY:

MULTIGRAIN/WHITE SANDWICHES | VEGEMITE | JAM | CHEESE

** LACTOSE FREE CHEESE AVAILABLE

** GLUTEN FREE SANDWICHES MADE ON REQUEST

All menus are designed to meet criteria in Quality Area 2: Children's Health & Safety: Element 2.1.3
The menu is subject to change without notice due to food supply or unforeseen circumstances.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	TOASTED SANDWICHES (Ham, Cheese, Tomato) & MILO	SCAMBLED EGGS & JUICE	TINNED SPAGHETTI & MILO	CHEESE & VEGEMITE QUESADILLA & JUICE	BACON & CHEESE SANDWICHES & MILO
AFTERNOON	CHEESE, KABANA & JATZ CRACKERS	HAM, CHEESE & COLESLAW ROLL UPS (Ham, Cheese & Coleslaw)	FLAVOURED RICE CAKES	EGG & MAYO SANDWICHES	BAKED TREAT
FRUIT	APPLES SULTANAS & DRIED APRICOTS	BANANA & ROCKMELON	PEARS & WATERMELON	BANANAS & APPLES	WATERMELON & APPLES

- THIS WEEK'S SPECIAL CEREAL: CORNFLAKES
- THIS WEEK'S SPECIAL JUICE: TROPICAL

BREAKFAST ITEMS OFFERED DAILY:

WHEAT BIX | RICE BUBBLES | GLUTEN FREE CEREAL | FRESH SEASONAL FRUIT | WATER | SMARTER WHITE MILK | LACTOSE FREE MILK | MULTIGRAIN/WHITE TOAST | GLUTEN-FREE TOAST | VEGEMITE | JAM | HONEY | GLUTEN-FREE SPREADS

AFTERNOON TEA ITEMS OFFERED DAILY:

MULTIGRAIN/WHITE SANDWICHES | VEGEMITE | JAM | CHEESE

** LACTOSE FREE CHEESE AVAILABLE

** GLUTEN FREE SANDWICHES MADE ON REQUEST

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VACATION CARE MENU

Reviewed March 2023 / Effective 1.05.23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BACON & CHEESE SANDWICHES & MILO	TINNED SPAGHETTI & JUICE	BEEF CHIPOLATA'S, HASH BROWNS & MILO	PANCAKES & JUICE	TOASTED SANDWICHES (Ham, Cheese, Tomato) & MILO
MORNIG	FLAVOURED RICE CAKES	SWEET BISCUITS & CHEESE CHUNKS	POPCORN	CHEESE, KABANA & JATZ CRACKERS	CUSTARD & RICE CRACKERS
	APPLES & ORANGES	FRUIT PLATTER	FRUIT PLATTER	FRUIT PLATTER	APPLES, SULTANAS & CHEESE
AFTERNOON	2 MINUTE NOODLES (CHICKEN FLAVOUR)	MEXICAN QUESADILLA (Salsa & Cheese)	TOMATO & CHEESE PASTA	FLAVOURED RICE CAKES	SAYO'S VEGEMITE & CHEESE
	BANANAS & WATERMELON	PEARS & ORANGES	BANANAS DRIED APRICOTS & SULTANAS	ORANGES & APPLES	WATERMELON & APPLES

- THIS WEEK'S SPECIAL CEREAL: CORNFLAKES
- THIS WEEK'S SPECIAL JUICE: APPLE & BLACKCURRANT

BREAKFAST ITEMS OFFERED DAILY:

WHEAT BIX | RICE BUBBLES | GLUTEN FREE CEREAL | FRESH SEASONAL FRUIT | WATER | SMARTER WHITE MILK | LACTOSE FREE MILK | MULTIGRAIN/WHITE TOAST | GLUTEN-FREE TOAST | VEGEMITE | JAM | HONEY | GLUTEN-FREE SPREADS

AFTERNOON TEA ITEMS OFFERED DAILY:

MULTIGRAIN/WHITE SANDWICHES | VEGEMITE | JAM | CHEESE

** LACTOSE FREE CHEESE AVAILABLE

** GLUTEN FREE SANDWICHES MADE ON REQUEST

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