

Wandong Outside School Hours Care

Afternoon Snack Menu



“The Service aims to meet the nutritional needs of children and to promote healthy eating habits by providing quality, health-building foodstuffs and fluids. The emphasis shall be placed on fresh and natural food that is high in fibre and low in fats and added sugar.”

Week 5 5/03/17

Monday	Tuesday	Wednesday	Thursday	Friday
Saladas, Vegetable sticks and dips	Special Treat	Corn Chips and Salsa	Tinned Fruit and Yoghurt	Pancakes

Week 6 12/03/17

Monday	Tuesday	Wednesday	Thursday	Friday
Labour Day Service Closed	Milkshakes and Cookies	Salad Wraps	Popcorn	Special Treat

Week 7 19/03/17

Monday	Tuesday	Wednesday	Thursday	Friday
Special Treat	Corn Chips and Salsa	Tinned Fruit and Yoghurt	Pancakes	Milkshakes and Cookies

Week 8 26/03/17

Monday	Tuesday	Wednesday	Thursday	Friday
Salad Wraps	Popcorn	Saladas, Vegetable sticks and dips	Special Treat	Good Friday Service Closed

Afternoon Snack is served with a mixed fruit platter and milk or water as required.

Late snack is served at 5:45pm and usually consists of fresh fruit or Weetbix

Breakfast is a combination of low GI cereals and toast with a drink of milk or water

Please note that breakfast is only served between 7:00am and 8am

If you feel that your child will not enjoy the meals provided, please pack a sandwich and a piece of fruit.
Please note that we are a nut and seafood free program, so do not pack peanut butter, Nutella or tuna.

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