



# Afternoon Snack Term 2 2018

“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 1: Week Commencing 16<sup>th</sup> April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese, carrots sticks & Salada Biscuits	Soup and bread/Toast	Cake and Milo	Special Treat	Rice cakes with jam or vegemite

## Week 2 Week Commencing 23rd April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh fruit and cookies	Cheese, carrots sticks and biscuits	ANZAC DAY SERVICE CLSOED	Beef 2 minute Noodles	Special Treat

## Week 3 Week Commencing 30<sup>th</sup> April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese, carrots sticks & Salada Biscuits	Soup and bread/Toast	Cookies and Milo	Special Treat	Rice cakes with jam or vegemite

## Week 4: Week Commencing 7<sup>th</sup> May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh fruit and cookies	Cheese, carrots sticks and biscuits	Baked beans and toast	Beef 2 minute Noodles	Special Treat

**Afternoon Snack is served with a mixed fruit platter, Weetbix (Low GI Food) and a drink of milk or water**

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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## Week 5: Week Commencing 14<sup>th</sup> May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
salad sandwiches	Cake and Milo	Rice crackers with jam or vegemite	Special Treat	Fresh fruit and cookies

## Week 6: Week Commencing 21st May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Special Treat	Rice cakes with jam and vegemite	Cheese, carrots sticks and biscuits	Mixed Sandwiches	Baked beans and toast

## Week 7: Week Commencing 28<sup>th</sup> May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Beef 2 minute Noodles	Special Treat	Cookies and Hot Chocolate	Hot soup and wholemeal bread	Rice Cakes with jam or vegemite

## Week 8: Week Commencing 4<sup>th</sup> June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti	Baked beans and toast	Mixed Sandwiches and fresh fruit	Cheese, carrots sticks & Salada biscuits	Special Treat

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## Week 9: Week Commencing 11<sup>th</sup> June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
QUEENS BIRTHDAY SERVICE CLOSED	Cake and Milo	Cheese, carrots sticks and biscuits	Hot soup and wholemeal bread	Deli meat and cheese sandwiches

## Week 10: Week Commencing 18<sup>th</sup> June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Baked beans and toast	Fresh fruit and cookies	Beef 2 minute Noodles	Rice cakes with jam and vegemite	Special Treat

## Week 11: Week Commencing 25<sup>th</sup> June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Deli meat and cheese sandwiches	Hot soup and wholemeal bread	Cake and Milo	Cheese, carrots sticks and biscuits	Beef 2 minute Noodles

**Afternoon Snack is also served with a mixed fruit platter, Weetbix (Low GI Food) and a drink of milk or water**

Late snack is served at 5:45pm and usually consists of Carrot sticks, Cheese sticks, Saladas or sultanas

**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.