



# Afternoon Snack Term 4 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 8<sup>th</sup> October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Toasted Sandwiches	Anzac Slice	Meat Balls and Pasta	Pizza Muffins	Tacos

## Week 2 Week Commencing 15<sup>th</sup> October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Sausages in Bread and Salad	Fried Rice	Pancakes and Smoothies	Zucchini Slice	Savoury platter, vegetables and dip

## Week 3 Week Commencing 22<sup>nd</sup> October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Rice cakes, yoghurt with fruit salad	Salad Buffet with cold meats	Scrolls and Yoghurt	Nachos	Date and Oat Cookies And Custard

## Week 4: Week Commencing 29<sup>th</sup> October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Salad Sandwiches	Savoury platter, vegetables and dip	Yoghurt and Oat Cake	Savoury Muffins	Baked Potatoes

**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 5<sup>th</sup> November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Service Closed	Melbourne Cup Public Holiday	Pizza Muffins	Toasted Sandwiches	Anzac Slice

## Week 6: Week Commencing 12<sup>th</sup> November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Zucchini Slice	Sloppy Joes and Salad	Fried Rice	Savoury platter, vegetables and dip	Pancakes and Smoothies

## Week 7: Week Commencing 19<sup>th</sup> November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Nachos	Scrolls and Yoghurt	Date and Oat Cookies And Custard	Salad Buffet with cold meats	Rice cakes, yoghurt with fruit salad

## Week 8: Week Commencing 26<sup>th</sup> November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Savoury platter, vegetables and dip	Salad Rolls	Baked Potatoes	Yoghurt and Oat Cake	Savoury Muffins

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

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## Week 9: Week Commencing 3<sup>rd</sup> December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Muffins	Tacos	Toasted Sandwiches	Meat Balls and Pasta	Banana Muffins

## Week 10: Week Commencing 10<sup>th</sup> December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Joes	Pancakes and Smoothies	Savoury platter, vegetables and dip	Fried Rice	Zucchini Slice

## Week 11: Week Commencing 17<sup>th</sup> December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Savoury Muffins	Nachos	Baked Potatoes	Scrolls and Yoghurt	Children’s Choice

**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

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