

Summer Menu 2019



“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 2

Monday 14 th Jan	Tuesday 15 th Jan	Wednesday 16 th Jan	Thursday 17 th Jan	Friday 18 th Jan
Fruit Platter and Biscuits	Fruit Platter and Popcorn	Fruit Platter and Greek Yoghurt	Fruit platter and Popcorn	Fruit Platter and Biscuits
Noodles served with Chicken and Vegetables	Wraps with Lettuce, Tomato, Cheese and Cold Meat or Tuna	Spaghetti Bolognaise and Garlic Bread	Salad Rolls with Lettuce, Tomato, Cheese and Cucumber	Pizza Muffins with Tomato, Ham, Pineapple and Cheese
Kabana and Cheese, vegetables and dip	Rice cakes and Fruit	Crumpets with Spreads	Rice cakes and Fruit	Fruit and Yoghurt

Week 3

Monday 21 st Jan	Tuesday 22 nd Jan	Wednesday 23 rd Jan	Thursday 24 th Jan	Friday 25 th Jan
Fruit Platter and Popcorn	Fruit Platter and Biscuits	Fruit Platter and Greek Yoghurt	Fruit platter and Popcorn	Fruit Platter and Biscuits
Pizza, Ham and Cheese or Plain Rolls with Cheese or Vegemite	Meat Balls in a Tomato Pasta Sauce Served with Pasta	Mixed Sandwiches with Cheese, Salad, Cold Meat , Tuna or Egg	Wraps with Lettuce, Tomato, Cheese and Cold Meat or Tuna	Fried Rice Dim Sims Spring Rolls
Rice cakes and Fruit	Nachos with Salsa and Cheese	Jam Pinwheels with Custard	Raisin Bread or Saladas with Spreads	Fruit and Yoghurt

Week 4

Monday 28 th Jan	Tuesday 29 th Jan	Wednesday 30 th Jan
Service Closed Australia Day Holiday	Fruit Platter with Vegetables and Dip	Fruit Platter and Biscuits
	BBQ @ the Park Sausages in Bread, Garden Salad and Potato Salad	Party Food
	Anzac Slice with Custard	Kabana and Cheese, vegetables and dip

Breakfast is a combination of low GI cereals and toast

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 or Nutella