

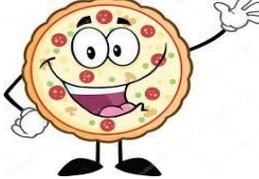
Term 2 2020 Week 7 – Menu may change due to availability of ingredients Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	English muffins - Rice bubbles - Cornflakes - Weetbix Protein Fruit bowl	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Sausage Sizzle. Beef or vegetarian sausages with tomato sauce and multigrain bread	Water	Fruit Rice Cakes	A filling and warm afternoon tea as the weather starts to cool
Tuesday	Multigrain toast and baked beans - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Rice cakes, various flavours with a choice of chicken, ham, roast beef, roasted seaweed, cheese, cucumber, capsicum, celery, tomato and carrot.	Water	Fruit Rice crackers	
Wednesday	Multigrain wrap with cheese and ham - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	K,1, 2: Simple sandwiches: Vegemite, honey, cheese, cheese and ham. 3,4,5,6: Pasta Bake. Tomato based pasta bake with cheese on top. Cheese free option.	Water	Fruit Rice crackers	
Thursday	Cheese toasties Rice bubbles Cornflakes Weetbix Fruit bowl	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	K,1, 2: Pasta Bake. Tomato based pasta bake with cheese on top. Cheese free option. 3,4,5 and 6: Simple sandwiches: Vegemite, honey, cheese, cheese and ham.	Water	Fruit Pretzels	OOSH always gets positive feedback from the children when we have pasta bake.
Friday	Raison Toast - Rice bubbles - Cornflakes - Weetbix Protein Fruit bowl Fruit smoothie	Water/Low fat Milk Fruit smoothie (incl yoghurt)	A variety of Seasonal fruit and vegetables. Always red and green apples.	Sandwiches - multigrain bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, honey, margarine.	Water	Fruit Corn chips (plain)	

Term 2 2021 Week 8 – Menu may change due to availability of ingredients. Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Multigrain Toast and baked beans - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Nachos – Preservative/colouring free: corn chips, grated cheese, passata sauce and beef mince. Beef can be omitted for vegetarians.	Water	Fruit Rice crackers	
Tuesday	Raison Toast - Rice bubbles - Cornflakes - Weetbix Protein Fruit bowl	Water/Low fat Milk Banana smoothie (incl yoghurt)	A variety of seasonal fruit and vegetables. Always red and green apples.	Sandwiches: multigrain bread, chicken and avocado, vegemite, cheese, egg and lettuce, vegemite and cheese or margarine	Water	Fruit Oreo's	
Wednesday	Multigrain toast - Rice bubbles - Cornflakes - Weetbix Protein Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Garlic bread or bread sticks with a selection of seasonal vegetables, ham, chicken and cheese.	Water	Fruit Rice crackers	Garlic bread is always popular, especially in the cooler weather.
Thursday	Cheese toasties - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Rice cakes, various flavours with a choice of chicken, ham, pork, dips, roasted seaweed, cheese, cucumber, capsicum, celery, tomato and carrot.	Water	Fruit Popcorn	
Friday	Yoghurt (Yoplait 8.1 g protein per serve) - Rice bubbles - Cornflakes - Weetbix Protein Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Sandwiches: Multigrain bread Toasted: Cheese or cheese and ham Plain: Vegemite or honey	Water	Fruit Pretzels	

Term 2 2021 Week 9 Menu may change due to availability of ingredients. Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Cheese or cheese and vegemite toasties Rice bubbles Cornflakes Weetbix , Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Rice cakes, various flavours with a choice of chicken, ham, roast beef, roasted seaweed, cheese, cucumber, capsicum, celery, tomato and carrot.	Water	Fruit Rice crackers	
Tuesday	English muffins - Rice bubbles - Cornflakes - Weetbix Protein Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	K, 1 and 2: Nachos Preservative/colouring free: corn chips, grated cheese, passata sauce 3,4,5 and 6: Pizza Plain cheese or ham, capsicum and cheese	Water	Fruit Oreos	
Wednesday	Multigrain toast - Rice bubbles - Cornflakes - Weetbix Protein Fruit bowl	Water/Low fat Milk Fruit Smoothies	A variety of seasonal fruit and vegetables. Always red and green apples.	K,1 and 2: Pizza Plain cheese or ham, capsicum and cheese 3,4,5 and 6: Nachos Preservative/colouring free: corn chips, grated cheese, passata sauce	Water	Fruit Rice cakes	
Thursday	Yoghurt (Yoplait 8.1 g protein per serve) Rice bubbles, Cornflakes Weetbix Protein Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Banana bread with or without margarine. Vegemite or honey sandwich option for those who don't like banana bread	Water	Fruit Corn chips (plain)	
Friday	Multigrain wraps with cheese and ham / fruit bowl Rice Bubbles Weetbix Cornflakes	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Sandwiches: multigrain bread, chicken and avocado, vegemite, cheese, tuna and cucumber, vegemite and cheese or margarine	Water	Fruit Pretzels	

Term 2 2021 Week 10 Menu may change due to availability of ingredients. Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	English muffins - Rice bubbles - Cornflakes - Weetbix Protein Fruit bowl	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Sandwiches - multigrain bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, honey, margarine.	Water	Fruit Rice Cakes	
Tuesday	Multigrain toast and baked beans - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Garlic bread with a choice of chicken, ham, roast beef, cheese, cucumber, capsicum, celery, tomato and carrot.	Water	Fruit Rice crackers	
Wednesday	Multigrain wrap with cheese and ham - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Sausage Sizzle. Beef or vegetarian sausages with tomato sauce and multigrain bread	Water	Fruit Pretzels	A filling and warm afternoon tea as the weather starts to cool
Thursday	Cheese toasties Rice bubbles Cornflakes Weetbix Fruit bowl	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Sandwiches - multigrain bread, egg and lettuce, vegemite, cheese, tuna mayonnaise and cucumber, honey, cheese and ham.	Water	Fruit Popcorn	
Friday	Raison Toast - Rice bubbles - Cornflakes - Weetbix Protein Fruit bowl Fruit smoothie	Water/Low fat Milk Fruit smoothie (incl yoghurt)	A variety of Seasonal fruit and vegetables. Always red and green apples.	End of term party day!!! Party pies, sausage rolls, spring rolls, fairy bread. All the children's favourite treats.	Water	Fruit Corn chips (plain)	

