

Term 3 Week 4

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Grain bread toast Porridge Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches, multigrain and white bread, chicken and lettuce, vegemite, cheese, tuna mayonnaise and cucumber, honey, cheese.	Water	Oreos fruit	
Tuesday	Pancakes made by the children. Porridge Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Hokkein noodle salad with chicken and a mild sweet chilli sauce. Vegetarian option also available.	Water	Sakatas, plain and cheese fruit	
Wednesday	Raisin Toast - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk Fruit smoothies	Seasonal fruit and vegetables. Always red and green apples.	Muffin pizzas. Ham, pineapple or plain cheese with a tomato base.	Water	Rice cakes - flavoured. fruit	Always popular Children's request.
Thursday	Crumpets Porridge Cereals Rice Bubbles Weetbix, Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Whole meal Lebanese Bread with assorted salad/vegetables and hummus and tzatziki dip	Water	Pretzels fruit	A filling afternoon tea to give us lots of energy to play
Friday	Fruit bowl & vanilla low fat yoghurt Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Nachos – Preservative/colouring free. Corn chips, grated cheese, passata sauce and beef mince. Vegetarian option also	Water	Popcorn fruit	AN OOSH favourite!

Term 3 week 5

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Crumpets - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sausage Sizzle white and multigrain bread with tomato sauce (vegetarian spring roll option)	Water	Pretzels fruit	Aussie Aussie Aussie Oi Oi Oi !!! Very popular with Kindy
Tuesday	Grain bread toast Porridge Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	English muffins with honey, margarine or vegemite.	Water	Rice cakes fruit	Simple and popular 😊
Wednesday	Fruit bowl & vanilla low fat yoghurt with nut free Muesli. Cereal - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	K, 1 and 4 Pasta Bakes Meat and vegetarian options. 2,3 and 5 Cheese or cheese and bacon rolls.	Water	Sakatas fruit	A new favourite on the OOSH menu Children's request
Thursday	Grain bread toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk Fruit Smoothies	Seasonal fruit and vegetables. Always red and green apples.	K,1 and 4 Cheese or cheese and bacon rolls. 2,3 and 5 Pasta Bakes Meat and vegetarian options.	Water	Oreos fruit	A new favourite on the OOSH menu Children's request
Friday	Banana Bread Specially made by the children. Cereals Rice Bubbles Weetbix, Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	White and wholegrain wraps with a selection of cold meats, cheeses and vegetables for the children to select and make themselves	Water	Popcorn fruit	

Term 1 week 6

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Raisin Toast - Porridge - Rice Bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Whole meal Lebanese Bread with assorted salad/vegetables and hummus and tzatziki dip	Water	Oreos fruit	Very filling and healthy afternoon tea.
Tuesday	Fruit bowl & vanilla low fat yoghurt - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Tinned Spaghetti multigrain & whole meal bread	Water	Popcorn Fruit	Simple and popular !!!
Wednesday	Cheese Toasties - Porridge - Rice Bubbles - Weetbix - Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Rice cakes, various flavours with a choice of toppings. Cheese, ham and vegetables	Water	Pretzels fruit	
Thursday	Crumpets - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches multigrain and white bread, chicken and lettuce, vegemite, cheese, tuna mayonnaise and cucumber, honey, ham and cheese	Water	Rice cakes – Flavored and plain fruit	
Friday	Grain bread toast - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk Fruit Smoothies	Seasonal fruit and vegetables. Always red and green apples.	Build your own burger Beef meat pattie, cheese and salad options on multigrain and white bread. Vegetarian option	Water	Sakatas fruit	Children's request and a new item for the OOSH menu 😊

