

**Term 3 Week 7 Menu 2019** Please note that items on menu may change without notice and special dietary requirements are accommodated)

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Fruit bowl & vanilla low fat yoghurt. - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Maggi 2 minute noodles – Chicken or plain and Woolworths home brand Garlic bread	Water	Pretzels Fruit	A popular and occasional OOSH treat to welcome the children back.
Tuesday	Toasted cheese sandwiches - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Rice cakes, various flavours with a choice of toppings. Cheese, ham, chicken and salad vegetables: cucumber, carrots, celery, capsicum, tomatoes.	Water	Sakatas – plain and cheese fruit	
Wednesday	Raisin Toast - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches, multigrain and white bread, Vegemite, honey, cheese, tuna and cucumber, chicken and avocado, vegemite and cheese, vegemite and avocado	Water	Oreos Fruit	A filling afternoon tea to give years 5 and 6 energy for their bushwalk today.
Thursday	Multigrain toast -Porridge -Rice Bubbles -Weetbix, Cornflakes	Water/Low fat Milk Fruit Smoothies	Seasonal fruit and vegetables. Always red and green apples.	Sausage Sizzle: white and multigrain bread and tomato sauce (vegetarian option spring roll option)	Water	Popcorn fruit	A filling afternoon tea to give years 3 and 4 energy for their bushwalk today.
Friday	Crumpets -Porridge -Rice Bubbles -Weetbix -Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sakatas: various flavours with a choice of toppings. Cheese, ham, chicken and salad vegetables: cucumber, carrots, celery, capsicum, tomatoes.	Water	Flavoured rice cakes fruit	

**Term 3 Week 8 2019** Please note that items on menu may change without notice and special dietary requirements are accommodated )

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Toasted cheese sandwiches - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Lebanese bread with a selection of falafels, vegetables and dips made by the children.	Water	Fruit Pretzels	
Tuesday	Multigrain toast Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk Fruit smoothies	Seasonal fruit and vegetables. Always red and green apples.	“C” food and eat it day: Crackers, cheese, chicken, cucumber, capsicum, celery, cos, carrots, cherry tomatoes. “COOL”	Water	Popcorn Fruit	
Wednesday	Fruit bowl & vanilla or strawberry yoghurt - Porridge. - Rice bubbles - Cornflakes, - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	K,1 and 2 Tomato Pasta Bake. 3,4,5 and 6 Nachos – Preservative/colouring free. Corn chips, grated cheese and passata sauce.	Water	Sakatas fruit	
Thursday	Raisin Toast Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	K, 1 and 2 Nachos – Preservative/colouring free. Corn chips, grated cheese and passata sauce. 2,3,5 and 6 4 Tomato Pasta Bake.	Water	Oreos fruit	Pasta bake is a favourite of Dainis G.  Scarlett C and Xavier Z love Nachos.
Friday	Banana Bread Specially made by the children. Porridge Rice Bubbles Weetbix, Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches: multigrain and white bread, Vegemite, honey, cheese, tuna and cucumber, chicken and avocado, vegemite and cheese, butter.	Water	Rice cakes fruit	Ryan K thinks OOSH sandwiches are “the best” !!!

**Term 3 Week 9 2019** Please note that items on menu may change without notice and special dietary requirements are accommodated

	<b>Breakfast</b>	<b>Beverages</b>	<b>Fruit and Vegetables</b>	<b>Middle</b>	<b>Beverages</b>	<b>5pm snack</b>	<b>Evaluation &amp; Variation</b>
Monday	Raisin Toast - Porridge - Rice Bubbles - Cornflakes, Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Rice cakes, various flavors with a choice of toppings. Cheese, ham, chicken and seasonal vegetables	Water	Pretzels fruit	Always popular and healthy.
Tuesday	Fruit bowl & vanilla or strawberry yoghurt. - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches, multigrain and white bread, Plain with butter, honey and vegemite. Toasted with cheese or cheese and ham.	Water	Popcorn fruit	
Wednesday	Crumpets Porridge Rice Bubbles Weetbix Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Healthy Nibbles – a selection of plain popcorn, plain, seaweed and barbecue rice crackers, pretzels, carrot & celery sticks, cherry tomatoes, capsicum.	Water	Rice cakes fruit	
Thursday	Multigrain toast - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	K, 1 and 2 Plain jasmine or fried rice made with mixed frozen vegetables and gluten free soy sauce 3,4,5 and 6.:A treat from the bakery.	Water	Oreos fruit	2 very popular options. Lawrence Z really enjoys fried rice.
Friday	English muffins Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	K, 1 and 2 A treat from the bakery. 3,4,5 and 6 Plain jasmine rice or fried rice made with mixed frozen vegetables and gluten free soy sauce.	Water	Sakatas fruit	

	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.	Sandwiches: ,multigrain and white bread, Vegemite, honey, cheese, tuna and cucumber, chicken and avocado, vegemite and cheese, butter.	Water	Pretzels fruit	
Tuesday	Fruit bowl & vanilla or strawberry yoghurt. - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Lebanese bread with a selection of falafels, vegetables and dips made by the children.	Water	Rice Cakes Plain and flavored	
Wednesday	Banana Bread Made by the children. Porridge Rice Bubbles Weetbix, Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Garlic bread with a selection of cold meats, cheeses and seasonal vegetables.  Patrick J loves salami.	Water	Popcorn fruit	
Thursday	English muffins - Porridge - Rice bubbles - Cornflakes, Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	End of term party food day. We will be asking the children what foods they would to celebrate with.		Oreos fruit	
Friday	Multigrain toast and cereal Porridge - Rice bubbles - Cornflakes, Weetbix	Water/Low fat Milk Fruit Smoothies	Seasonal fruit and vegetables. Always red and green apples.	Sakata crackers – flavoured and plain with a selection of cheese, cold meats and seasonal vegetables.	Water	Sakatas fruit	Year 1's favourite cracker flavour is cheese.