

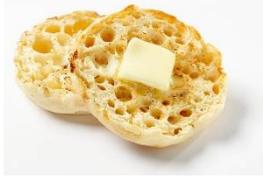
Term 4 2021 Week 1 – Menu may change due to availability of ingredients Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	We are only offering toast and cereal for breakfast currently due to very low numbers.			Public Holiday			
Tuesday	Multigrain toast - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Pikelets made at OOSH with Nuttelex or honey.		Fruit Rice crackers	
Wednesday	Multigrain toast - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Pastry scrolls. Puff pastry, cheese or cheese and ham.	Water	Fruit Pretzels	
Thursday	Multigrain toast Rice bubbles Cornflakes Weetbix Fruit bowl	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Sandwiches: Due to smaller numbers currently, we will ask the children in the morning what fillings they would like.	Water	Fruit Corn chips (plain)	
Friday	Multigrain Toast - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk Fruit smoothie (incl yoghurt)	A variety of Seasonal fruit and vegetables. Always red and green apples.	Nachos – Preservative/colouring free: corn chips, grated cheese and passata sauce .	Water	Fruit Popcorn	

Term 4 2021 Week 2 – 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 - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Sandwiches Due to smaller numbers currently, we will ask the children in the morning what fillings they would like.	Water	Fruit Rice crackers	
Tuesday	Multigrain - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk Banana smoothie	A variety of seasonal fruit and vegetables. Always red and green apples.	Rice cakes, flavour selected by the children with a choice of ham, roasted seaweed, cheese, cucumber and capsicum	Water	Fruit Oreo's	
Wednesday	Multigrain toast - 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 Rice crackers	A filling and popular afternoon tea.
Thursday	Multigrain Toast - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Toasties: Cheese or cheese and ham.	Water	Fruit Popcorn	
Friday	Multigrain Toast - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	SURPRISE AFTERNOON TEA FOR MISS MICHELLE'S LAST DAY AT OOSH WHAT WILL IT BE ???	Water	Fruit Pretzels	

Term 4 2021 Week 3 – 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 - 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 and passata sauce .	Water	Fruit Rice crackers	
Tuesday	Multigrain Toast - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk Banana smoothie (incl yoghurt)	A variety of seasonal fruit and vegetables. Always red and green apples.	English muffins with vegemite, honey or Nuttalex.	Water	Fruit Oreo's	
Wednesday	Multigrain Toast - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Pizza: Cheese or ham and cheese	Water	Fruit Rice crackers	A filling and popular afternoon tea.
Thursday	Multigrain Toast - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Rice cakes, flavour selected by the children with a choice of ham, roasted seaweed, cheese, cucumber and capsicum.	Water	Fruit Popcorn	
Friday	Multigrain Toast - Rice bubbles - Cornflakes - Weetbix Fruit bowl	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Sandwiches Due to smaller numbers currently, we will ask the children in the morning what fillings they would like.	Water	Fruit Pretzels	