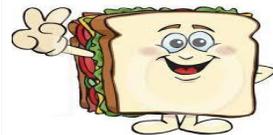
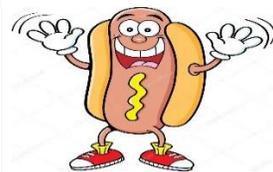


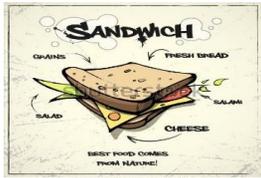
**Term 4 2021 week 7** Menu may change due to availability of ingredients and the summer heat. Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday 15	Multigrain toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches multigrain bread white bread, avocado/cheese, honey, tuna cucumber, cheese vegemite .	Water/Low fat Milk	Popcorn fruit	
Tuesday 16 RSPCA visit	Yoghurt (vanilla or strawberry) and fruit 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 vegetables.	Water/Low fat Milk	Crackers fruit	
Wednesday 17 School fun run	Raisin toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Nachos – Preservative/colour free. Corn chips, grated cheese, & carrot, cucumber & tomato	Water/Low fat Milk	Rice cakes fruit	
Thursday 18	English muffins Rice Bubbles Weetbix, Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Saos with a choice of toppings. Cheese, ham, chicken, cheese & tomato and salad vegetables.	Water/Low fat Milk	Pretzels fruit	
Friday19	Smoothies and Multigrain toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches, multigrain and white bread, chicken and avocado, vegemite, honey, cheese, tuna mayonnaise and cucumber, ham and cheese. Zoooper Doopers !	Water/Low fat Milk	Corn chips fruit	

**Term 4 2021 week 8** Menu may change due to availability of ingredients and the summer heat. Special dietary needs are being met.

	<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 22	Multigrain toast Rice Bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Plain and flavoured rice crackers with a selection of salad vegetables, ham, chicken and cheese.	Water/Low fat Milk	Sakatas fruit	
Tuesday 23 Staff wrap up	Cheese toasties Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Lebanese bread, seasonal vegetables, dips	Water/Low fat Milk	Popcorn fruit	 <small>© CanStockPhoto.com - csp66975368</small>
Wednesday 24	Smoothies and English muffins Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches, multigrain and white bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, honey, ham and cheese.	Water/Low fat Milk	Rice cakes fruit	
Thursday 25 Staff lunch	Yoghurt (vanilla or strawberry) and fruit Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Wraps white and multigrain , salad vegetables, cold meat, cheese.	Water/Low fat Milk	Pretzels fruit	
Friday 26	Raisin toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Cocktail frankfurts, multigrain bread and tomato sauce. Vegetarian option.	Water/Low fat Milk	Rice cakes fruit	

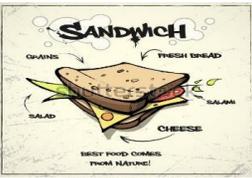
**Term 4 2021 week 9** Menu may change due to availability of ingredients and the summer heat. Special dietary needs will be met

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday 29	Banana Smoothies and Raisin Toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches, multigrain and white bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, honey, ham and cheese.	Water/Low fat Milk	Popcorn Fruit	
Tuesday 30	Multigrain Toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Rice crackers, Cheese, devon, chicken and assorted seasonal vegetables Devon requested by children.	Water/Low fat Milk	Oreos Fruit	
Wednesday Dec 1	Multigrain Toast Cheese toasties Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Saos with a choice of toppings. Cheese, ham, chicken, cheese & tomato and salad vegetables.	Water/Low fat Milk	Rice cakes fruit	
Thursday 2	Yoghurt (vanilla or strawberry) and fruit Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Lebanese bread, seasonal vegetables, dips.	Water/Low fat Milk	Pretzels fruit	
Friday 3	Multi grain/white toast Rice Bubbles Weetbix Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches Plain: Vegemite, cheese, honey, chicken and devon Toasted: cheese, cheese and ham. Always popular.	Water/Low fat Milk	Corn chips fruit	

**Term 4 2021 week 10 Menu may change due to availability of ingredients and the summer heat. Special dietary needs will be met**

	<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 6	Multigrain toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches multigrain bread white bread, avocado/cheese, honey, tuna cucumber, cheese vegemite .	Water/Low fat Milk	Popcorn fruit	
Tuesday 7 OOSH kids xmas party	Yoghurt (vanilla or strawberry) and fruit Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sausage sizzle, xmas party Gluten free sausages, vegetarian option, white and multigrain bread  Zoooper Dooper ice blocks	Water/Low fat Milk	Crackers fruit	
Wednesday 8	Raisin toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Nachos – Preservative/colour free. Corn chips, grated cheese and passata sauce	Water/Low fat Milk	Rice cakes fruit	
Thursday 9	English muffins Rice Bubbles Weetbix, Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Saos or Ryvitas with a choice of toppings. Cheese, ham, chicken and salad vegetables.	Water/Low fat Milk	Pretzels fruit	
Friday10	Smoothies and Multigrain toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches, multigrain and white bread, chicken and avocado, vegemite, honey, cheese, tuna mayonnaise and cucumber	Water/Low fat Milk	Corn chips fruit	

**Term 4 2021 Week 11 Menu may change to availability of ingredients and the weather. Special dietary needs will be met**

	<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 13	Yoghurt (vanilla or strawberry) and fruit Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches multigrain bread white bread, avocado/cheese, honey, tuna cucumber, cheese vegemite .	Water/Low fat Milk	Popcorn fruit	
Tuesday 14	Cereal Multigrain toast Rice Bubbles Weetbix, Cornflakes	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 vegetables.	Water/Low fat Milk	Crackers fruit	
Wednesday 15	Raisin toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Nachos – Preservative/colour free. Corn chips, grated cheese, & carrot, cucumber/tomato	Water/Low fat Milk	Rice cakes fruit	
Thursday 16	Cereal Rice Bubbles Weetbix, Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Saos with a choice of toppings. Cheese, ham, honey, tomato & cheese and salad vegetables.	Water/Low fat Milk	Pretzels fruit	
Friday 17	<b>Start of Xmas holidays</b>						