

Term 4 2019 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	Fruit bowl & vanilla low fat yoghurt. - Porridge / tinned fruit - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Cocktail Frankfurts, white and multigrain bread and tomato sauce	Water	Pretzels Fruit	A popular treat
Tuesday	Spaghetti Toasties - Porridge / tinned 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 salad vegetables	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.	Nachos – Preservative/colouring free. Corn chips, grated cheese, passata sauce and guacamole made by the children.	Water	Corn chips Fruit	A nice light afternoon tea before we run around in the hot weather.
Thursday	White and multigrain bread toast -Porridge -Rice Bubbles -Weetbix, Cornflakes Fruit smoothies	Water/Low fat Milk Fruit Smoothies	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches: multigrain and white bread. Honey, margarine, vegemite, cheese, tuna and cucumber, chicken and avocado, ham and salad, vegemite and cheese.	Water	Popcorn Fruit	
Friday	English muffins -Porridge -Rice Bubbles -Weetbix -Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	OOSH Christmas Party Day !!! Chicken schnitzel sandwiches, vegetarian sausage option and slices made by the children	Water	Slices made by the children fruit	

Term 4 2019 Week 8 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	Cheese toasties - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Bread rolls with a choice of fillings. Cheese, ham, chicken and salad vegetables	Water	Pretzels Fruit	
Tuesday	Grain toast and cereal Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk Fruit Smoothies	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches, multigrain and white bread, Ham, chicken, honey, vegemite, tuna and cucumber, chicken and avocado, cheese and vegemite.	Water	Popcorn Fruit	Cheese and vegemite sandwiches are Kaelen's favourite.
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.	Healthy nibbles: Pretzels, popcorn, rice crackers, carrot sticks, cucumber and capsicum. This is a very popular afternoon tea. The children enjoy having choices.	Water	Sakatas Fruit	
Thursday	Raisin Toast Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk Fruit smoothies	Seasonal fruit and vegetables. Always red and green apples.	K, 1 and 2 Chicken tenders with multigrain and white bread, tomato sauce and spring roll option for vegetarians/vegans.. 3,4,5 and 6 Nachos and cheese and passata sauce.	Water	Corn chips Fruit	Requested by students from years 2 and 3 Oscar I especially loves chicken tenders.
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.	K, 1 and 2 Nachos with cheese and passata sauce. 3,4,,5 and 6 Chicken tenders with multigrain and white bread, tomato sauce and spring roll option for vegetarians/vegans.	Water	Rice cakes Fruit	Requested by students from years 2 and 3

Term 4 2019 Week 9 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	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, Ham, chicken, honey, vegemite, tuna and cucumber, chicken and avocado, cheese and vegemite.	Water	Pretzels fruit	Colin's favourite sandwiches are tuna and cucumber
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.	Rice cakes, various flavors with a choice of toppings. Cheese, ham, chicken and salad vegetables	Water	Popcorn fruit	
Wednesday	Crumpets -Porridge -Rice Bubbles -Weetbix -Cornflakes	Water/Low fat Milk Fruit Smoothies	Seasonal fruit and vegetables. Always red and green apples.	Sausage sizzle with frsh multigrain or white bread and tomato sauce. Vegetarian option available.	Water	Rice cakes fruit	
Thursday	Banana Bread Specially made by the children. - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Multigrain and white wraps with a selection of cold meats, cheese, salad vegetables and French onion dip made by the children.	Water	Oreos fruit	Eddie H really enjoys the wraps.
Friday	Spaghetti Toasties 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 Devon, chicken, honey and vegemite. Toasted with cheese or cheese and ham.	Water	Sakatas fruit	

Term 4 2019 Week 10 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	Raisin Toast - Porridge - Rice Bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Cheese and crackers: Childrens choice of Sakata or Vita Weets with an assortment of cheeses, cold meats and vegetables.	Water	Pretzels fruit	
Tuesday	Multigrain bread - Porridge - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches, multigrain and white bread, Ham, chicken, honey, vegemite, tuna and cucumber, chicken and avocado, cheese and vegemite, ham and salad.	Water	Rice Cakes Plain and flavored	Ella E's favourite sandwich is ham, cheese and salad. Great choice Ells!
Wednesday	Fruit bowl & vanilla or strawberry yoghurt - Porridge - Rice Bubbles - Weetbix, - Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Clean out the OOSH cupboards food day! We will be enjoying an assortment of foods that will also include fresh fruit and vegetables.	Water	Popcorn fruit	 <small>shutterstock.com • 782674570</small>

