












# Cycle week 1

# Before School Care Men

Available Daily	Monday	Tuesday	Wednesday	Thursday	Friday
*Wholemeal toast *Spreads include: Butter, Honey and Vegemite *Fresh Fruit *Cereals: Weet Bix & Muesli *Milk & Natural Yoghurt 	Yoghurt and berries	English muffins	Raisin toast	Rice bubbles	Pancakes
	Corn flakes	Crumpets	Yoghurt and berries	Blueberrie pancakes	Raisin toast

 Fruit 
  Proteins 
  Dairy 
  Grains 
  Vegetables & Legumes 
 [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au) \* **Australian Guide to Healthy Eating**

# After School Care Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal:  <b>Ham and salad wraps</b> + Fruit & Veggies  Late Snack: Fruit Salad	Main Meal:  <b>Macaroni and cheese</b> + Fruit & Veggies  Late Snack: Popcorn	Main Meal:  <b>Fried rice with chicken</b> + Fruit & Veggies  Late Snack: Cheese and crackers	Main Meal:  <b>Beef tacos</b> + Fruit & Veggies  Late Snack: Cooking club	Main Meal:  <b>Yoghurt, muesli and berries</b> + Fruit & Veggies  Late Snack: Banana bread
Main Meal:  <b>Potato wedges</b> + Fruit & Veggies  Late Snack: Rice cakes with cream cheese	Main Meal:  <b>Blueberry muffin with milk</b> + Fruit & Veggies  Late Snack: Arrowroot biscuits	Main Meal:  <b>Spaghetti bolognese</b> + Fruit & Veggies  Late Snack: Brushetta	Main Meal:  <b>Corny chicken burgers</b> + Fruit & Veggies  Late Snack: Cooking club	Main Meal:  <b>Ham and cheese toasties</b> + Fruit & Veggies  Late Snack: Cheese and crackers