# **Vacation Care Menu Week 1** (19.12.24 - 20.12.24)

Week 1	Thursday	Friday	
	Cheese, dried fruit & rice crackers	Cheese, dried fruit & rice crackers	
MORNING TEA	+ Fruit & Vegies	+ Fruit & Vegies	
LUNCH	Pizza Scrolls + Fruit & Vegies	Sausage rolls + Fruit & Vegies	
AFTERNOON TEA	Potato wedges  + Fruit & Vegies	Garlic bread  + Fruit & Vegies	
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	

# **Vacation Care Menu Week 2** (23.12.23)

Week 2	Monday		
MORNING	Cheese, dried fruit & rice crackers		
TEA	+ Fruit & Vegies		
LUNCH	Ham & chicken salad wraps		
	+ Fruit & Vegies		
AFTERNOON	Yoghurt, muesli & berries		
TEA	+ Fruit & Vegies		
LATE SNACK	Arrowroot biscuits/ rice crackers		

### **Vacation Care Menu Week 3 (6.1.24 – 10.1.24)**

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheese, dried fruit	Cheese, dried fruit	Cheese, dried fruit	Cheese, dried fruit	Cheese, dried fruit &
	& rice crackers	& rice crackers	& rice crackers	& rice crackers	rice crackers
MORNING					
TEA	+ Fruit & Vegies				
	Napolitana penne	Beef tacos	Assorted	Pizza	Lasagne
	pasta		sandwiches		
LUNCH	. Funit O Magica	. Funit O Maria	Funit O Magica	. Funit O Magica	. Fusit O Vasias
	+ Fruit & Vegies				
	Spinach and	Rice cakes with	Banana bread	Potato wedges	Garlic bread
	cheese pastry	ham and cheese			
AFTERNOON					
TEA	+ Fruit & Vegies				
LATE CNIACY	Arrouge at biggette.	Arrougant bioguita/	Arrouge of bigg::ts/	Arrouge of biggette	Arrougant bigg::ts/
LATE SNACK	Arrowroot biscuits/ rice crackers				
	TICE CLACKELS				

### **Vacation Care Menu Week 4 (13.1.25 – 17.1.25)**

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheese, dried fruit &				
	& rice crackers	& rice crackers	& rice crackers	& rice crackers	rice crackers
MORNING					
TEA	+ Fruit & Vegies				
	Ham & chicken	Potato Wedges	Vegetable	Spaghetti	Chicken taco
	salad wraps		quesadilla	bolognese	
LUNCH					
	+ Fruit & Vegies				
	Yoghurt, muesli &	Garlic bread	Rice cakes with	Veggie nachos	Banana bread
AFTERNICON	berries		ham & cheese		
AFTERNOON TEA	+ Fruit & Vegies				
ILA	+ Fluit & Vegles				
LATE SNACK	Arrowroot biscuits/				
2, (12 310, (2))	rice crackers				

Fruit Proteins Dairy Grains Vegetables & Legumes www.eatforhealth.gov.au \* Australian Guide to Healthy Eating

### **Vacation Care Menu Week 5 (20.1.25 – 24.1.25)**

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheese, dried fruit &	Cheese, dried	Cheese, dried fruit	Cheese, dried fruit	Cheese, dried fruit &
	rice crackers	fruit & rice	& rice crackers	& rice crackers	rice crackers
MORNING		crackers			
TEA	+ Fruit & Vegies		+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies
		+ Fruit & Vegies			
	Fried rice	Chicken burrito	Creamy pasta	Sausage sizzle	Spring rolls
LUNCH	+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies
	Spring rolls	Garlic bread	Yoghurt, muesli &	Pikelets with	Yoghurt, muesli &
	Spring rolls	Garne bread	berries	spreads	berries
AFTERNOON				- P	
TEA	+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies
LATE SNACK	Arrowroot biscuits/	Arrowroot	Arrowroot biscuits/	Arrowroot biscuits/	Arrowroot biscuits/
	rice crackers	biscuits/ rice crackers	rice crackers	rice crackers	rice crackers

# Vacation Care Menu Week 6 (28.1.25 – 31.1.25)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
		Cheese, dried	Cheese, dried fruit	Cheese, dried fruit	Cheese, dried fruit 8
		fruit & rice	& rice crackers	& rice crackers	rice crackers
MORNING		crackers			
TEA			+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies
		+ Fruit & Vegies			
	CENTRE CLOSED	Sausage rolls	Macaroni & cheese	Pizza	Fried rice
LUNCH		+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies
	PUBLIC				
		Crackers with	Yoghurt, muesli &	Cruskits with	Banana Bread
	HOLIDAY	ham, cheese &	berries	spread	Dariaria Di Cau
AFTERNOON		spreads		<b>σρ. σ</b>	
TEA					
		+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies
LATE SNACK		Arrowroot	Arrowroot biscuits/	Arrowroot biscuits/	Arrowroot biscuits/
LITTE STUTIEN		biscuits/ rice crackers	rice crackers	rice crackers	rice crackers

#### **Vacation Care Menu Week 7 (3.2.25 – 5.2.25)**

Week 5	Monday	Tuesday	Wednesday
	Cheese, dried fruit	Cheese, dried fruit	Cheese, dried fruit
	& rice crackers	& rice crackers	& rice crackers
MORNING			
TEA	+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies
	Assorted	Lasagna	Chicken tacos
	sandwiches		
LUNCH			
	+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies
	Yoghurt, muesli	Garlic bread	Potato Wedges
	and berries		
AFTERNOON			
TEA	+ Fruit & Vegies	+ Fruit & Vegies	+ Fruit & Vegies
LATE CNIA CI	A	A	A
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers
	TICE CLACKETS	TICE CLACKELS	TICE CLACKELS