

Cycle Week 2











Before School Care Menu

Available daily	Monday	Tuesday	Wednesday	Thursday	Friday
*Wholemeal toast *Spreads include: Butter, honey and vegemite *Fresh fruit *Cereals: Weet-Bix and muesli *Milk and natural yoghurt	Pikelets	Waffles	Crumptes	Rice bubbles	Corn flakes
	Raisin toast	French toast	Banana pancakes	Scrambled eggs	English muffins

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables and legumes

www.eatforhealth.gov.au * **Australian Guide to Healthy Eating**

After School Care Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Main meal: Meatballs and corn on the cob + fruit and veggies  Late snack: Popcorn	Main meal: Mini pizzas + fruit and veggies  Late snack: Banana bread	Main meal: Chicken burritos + fruit and veggies  Late snack: Rice cakes with cream cheese	Main meal: Ravioli + fruit and veggies  Late snack: Arrowroot biscuits	Main meal: Antipasto platter + fruit and veggies  Late snack: Fruit salad
Main meal: Veggie nachos + fruit and veggies  Late snack: Bagels with cream cheese	Main meal: Assorted sandwiches + fruit and veggies  Late snack: Apricot tarts	Main meal: Napoletana pasta + fruit and veggies  Late snack: Vegetable sticks with guacamole	Main meal: Butter chicken + fruit and veggies  Late Snack: Banana bread	Main meal: Pizza scrolls + fruit and veggies  Late snack: Popcorn