












## Cycle week 3

## Before School Care Menu

Available Daily	Monday	Tuesday	Wednesday	Thursday	Friday
*Wholemeal toast *Spreads include: Butter, Honey and Vegemite *Fresh Fruit *Cereals: Weet Bix & Muesli *Milk & Natural Yoghurt 	Scrambled eggs	Yoghurt and berries	Ricotta banana honey toast	Hash brown	Croissant
	Croissant	Rasin Toast	English Muffin	Waffles	Yoghurt and berries

 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>Beef and vegetable curry</b> + Fruit & Vegies  Late Snack: Cheese and crackers	Main Meal:  <b>Tuna and sweet potato patties</b> + Fruit & Vegies  Late Snack: Cruskit with guacamole	Main Meal:  <b>Sausage rolls</b> + Fruit & Vegies  Late Snack: Banana bread	Main Meal:  <b>Bolognese toastie</b> + Fruit & Vegies  Late Snack: Cooking club	Main Meal:  <b>Spring rolls</b> + Fruit & Vegies  Late Snack: Dried fruit and cheese
Main Meal:  <b>Mini burgers</b> + Fruit & Vegies  Late Snack: Banana bread	Main Meal:  <b>Pesto pasta</b> + Fruit & Vegies  Late Snack: Fruit salad	Main Meal:  <b>Dumplings</b> + Fruit & Vegies  Late Snack: Arrowroot biscuits	Main Meal:  <b>Chicken Tacos</b> + Fruit & Vegies  Late Snack: Cooking club	Main Meal:  <b>Cheese puff twists</b> + Fruit & Vegies  Late Snack: Cruskit with ricotta