












## 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 & Muesli *Milk & Natural Yoghurt 	Piklets	Waffles	Crumpets	Rice bubbles	Corn flakes
	Raisin toast	French toast	Banana pancakes	Scambled eggs	English muffins

 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
<b>Main Meal:</b> <b>Meatballs and corn on the cob</b> + Fruit & Vegies  Late Snack: Popcorn	<b>Main Meal:</b> <b>Mini pizzas</b> + Fruit & Vegies  Late Snack: Banana bread	<b>Main Meal:</b> <b>Chicken burritos</b> + Fruit & Vegies  Late Snack: Rice cakes with cream cheese	<b>Main Meal:</b> <b>Ravioli</b> + Fruit & Vegies  Late Snack: Cooking club	<b>Main Meal:</b> <b>Antipasto platter</b> + Fruit & Vegies  Late Snack: Fruit Salad
<b>Main Meal:</b> <b>Veggie nachos</b> + Fruit & Vegies  Late Snack: Begals with cream cheese	<b>Main Meal:</b> <b>Assorted sandwiches</b> + Fruit & Vegies  Late Snack: Apricot tarts	<b>Main Meal:</b> <b>Napoletana Pasta</b> + Fruit & Vegies  Late Snack: Vegetable sticks with guacamole	<b>Main Meal:</b> <b>Butter Chicken</b> + Fruit & Vegies  Late Snack: Cooking club	<b>Main Meal:</b> <b>Pizza scrolls</b> + Fruit & Vegies  Late Snack: Popcorn