












Cycle week 1 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 	Yoghurt & Berries	English Muffins	Raisin Toast	Rice Bubbles	Pancakes
	Corn Flakes	Crumpets	Yoghurt & Berries	Pancakes	Raisin Toast

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

After School Care Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal: Macaroni and cheese + Fruit & Vegies  Late Snack: Popcorn	Main Meal: Ham & Salad Wraps + Fruit & Vegies  Late Snack: Cooking Club	Main Meal: Beef Tacos + Fruit & Vegies  Late Snack: Cheese & crackers	Main Meal: Vegemite & Cheese Scrolls + Fruit & Vegies  Late Snack: Banana Bread	Main Meal: Yoghurt, muesli & berries + Fruit & Vegies  Late Snack: Arrowroot Biscuits
Main Meal: Potato bake + Fruit & Vegies  Late Snack: Banana Bread	Main Meal: Cheese Pizzas + Fruit & Vegies  Late Snack: Cooking Club	Main Meal: Spaghetti Bolognese + Fruit & Vegies  Late Snack: Popcorn	Main Meal: Chicken & veg stir fry + Fruit & Vegies  Late Snack: Dried fruit & cheese	Main Meal: Spinach & cheese pastries + Fruit & Vegies  Late Snack: Cheese & crackers