












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 	Crumpets	English Muffins	Pikelets	Rice Bubbles	Corn Flakes
	Raisin Toast	Pikelets	Cornflakes	Crumpets	Yoghurt & Berries

 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: Mini cheese pizzas + Fruit & Vegies  Late Snack: Cheese & crackers	Main Meal: Meat balls & corn + Fruit & Vegies  Late Snack: Cooking Club	Main Meal: Napolatane penne pasta + Fruit & Vegies  Late Snack: Banana Bread	Main Meal: Beef Tacos + Fruit & Vegies  Late Snack: Popcorn	Main Meal: Antipasto platter + Fruit & Vegies  Late Snack: Arrowroot Biscuits
Main Meal: Beef & veg stir fry + Fruit & Vegies  Late Snack: Banana Bread	Main Meal: Chicken burritos + Fruit & Vegies  Late Snack: Cooking Club	Main Meal: Lasagne + Fruit & Vegies  Late Snack: Arrowroot biscuits	Main Meal: Carbonara pasta + Fruit & Vegies  Late Snack: Cheese & crackers	Main Meal: Pizza scrolls + Fruit & Vegies  Late Snack: Popcorn