












## 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 	Corn flakes	Raisin Toast	French toast	Yoghurt & berries	Crumpets
	Yoghurt & berries	Pikelets	Rice bubbles	English muffins	Raisin Toast

 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>Yoghurt, muesli &amp; berries</b> + Fruit & Vegies  Late Snack: Cheese & crackers	Main Meal:  <b>Sausage Rolls</b> + Fruit & Vegies  Late Snack: Cooking Club	Main Meal:  <b>Chicken Burritos</b> + Fruit & Vegies  Late Snack: Arrowroot biscuits	Main Meal:  <b>Macaroni &amp; cheese</b> + Fruit & Vegies  Late Snack: Popcorn	Main Meal:  <b>Garlic bread</b> + Fruit & Vegies  Late Snack: Banana bread
Main Meal:  <b>Napoletana Pasta</b> + Fruit & Vegies  Late Snack: Popcorn	Main Meal:  <b>Hokkien vege noodles</b> + Fruit & Vegies  Late Snack: Cooking Club	Main Meal:  <b>Ham &amp; cheese pizzas</b> + Fruit & Vegies  Late Snack: Cheese & crackers	Main Meal:  <b>Fried Rice</b> + Fruit & Vegies  Late Snack: Banana bread	Main Meal:  <b>Pikelets w spreads</b> + Fruit & Vegies  Late Snack: Arrowroot biscuits