























Vacation Care Menu Week 1 (13th – 17th January 2020)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Cheese, dried fruit & rice crackers + Fruit & Vegies 	BYO	Cheese, dried fruit & rice crackers + Fruit & Vegies 	BYO	Cheese, dried fruit & rice crackers + Fruit & Vegies 
LUNCH	Spaghetti Bolognese + Fruit & Vegies 	BYO	Beef & Bean Tacos + Fruit & Vegies 	BYO	Beef lasagne + Fruit & Vegies 
AFTERNOON TEA	Garlic Bread + Fruit & Vegies 	Pear & Raspberry Bread + Fruit & Vegies 	Yoghurt, muesli & berries + Fruit & Vegies 	Rice cakes w cheese, ham & tomato + Fruit & Vegies 	Spinach & cheese pastises + Fruit & Vegies 
LATE SNACK	Arrowroot Biscuits	Cheese & Crackers	Rick Cakes with Cheese and Tomato	Popcorn	Vegetable sticks w/ hummus

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

www.eatforhealth.gov.au * Australian Guide to Healthy Eating


Vacation Care Menu Week 2 (20th – 24th January 2019)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	BYO	Cheese, dried fruit & rice crackers + Fruit & Vegies 	BYO	Cheese, dried fruit & rice crackers + Fruit & Vegies 	Cheese, dried fruit & rice crackers + Fruit & Vegies 
LUNCH	BYO	Spaghetti Bolognese + Fruit & Vegies 	BYO	Chicken Burritos + Fruit & Vegies 	Beef and Vegetable Stir Fry + Fruit & Vegies 
AFTERNOON TEA	Vegetables Sticks, Rice Cakes, Tomato and Hummus Dip + Fruit & Vegies 	Yoghurt, muesli & berries + Fruit & Vegies 	Ham and Salad Wraps + Fruit & Vegies 	Antipasto Platter Fruit & Vegies 	Pikelets w spreads Fruit & Vegies 
LATE SNACK	Arrowroot Biscuits	Arrowroot Biscuits	Arrowroot Biscuits	Arrowroot Biscuits	Arrowroot Biscuits

Vacation Care Menu Week 3 (27th and 28th January 2019)

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

www.eatforhealth.gov.au * Australian Guide to Healthy Eating

Week 3	Monday	Tuesday
MORNING TEA		BYO
LUNCH	CLOSED	BYO
AFTERNOON TEA		Yoghurt, muesli & berries + Fruit & Vegies 
LATE SNACK		Arrowroot Biscuits