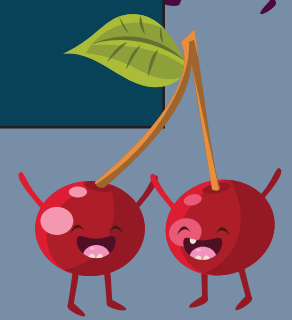


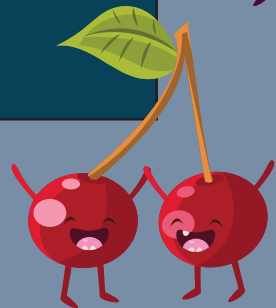
OSHC MENU - WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">BREAKFAST</p> <p>Children may select from the following options:</p> <ul style="list-style-type: none">• Choice of cereals such as Weetbix, Rice bubbles, Sultana Bran and Cornflakes – served with reduced-fat milk.• Seasonal fruit and vegetable platter (i.e. Apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, snow peas)• Wholemeal Toast With a variety of spreads – Nuttelex, vegemite, reduced-fat cream cheese				
<p style="text-align: center;">AFTERNOON TEA</p> <p>Seasonal fruit and vegetable platter daily. i.e. apples, oranges, bananas, pears, grapes, carrots, cucumber, watermelon, green beans, strawberries, capsicum, cherry tomatoes. Fruit and vegetables served daily will be displayed on the serve program.</p>				
Baked Beans and Spaghetti on Toast	Wholegrain crackers, reduced fat cheese, hummus dip, carrot, cucumber, celery sticks	Healthy Banana bread	Mixed sandwiches on wholegrain bread Egg and lettuce, tuna and tomato, chicken and salad	Mini Pizzas
<p style="text-align: center;">Water is freely available throughout the day Reduced-fat milk or water is served during breakfast and afternoon tea. All allergies are considered and similar allergy friendly alternatives will be provided.</p>				



OSHC MENU - WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">BREAKFAST</p> <p>Children may select from the following options:</p> <ul style="list-style-type: none"> • Choice of cereals such as Weetbix, Rice bubbles, Sultana Bran and Cornflakes – served with reduced-fat milk. • Seasonal fruit and vegetable platter (i.e. Apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, snow peas) • Wholemeal Toast With a variety of spreads – Nuttelex, vegemite, reduced-fat cream cheese 				
<p style="text-align: center;">AFTERNOON TEA</p> <p>Seasonal fruit and vegetable platter daily. I.e. apples, oranges, bananas, pears, grapes, carrots, cucumber, watermelon, green beans, strawberries, capsicum, cherry tomatoes. Fruit and vegetables served daily will be displayed on the serve program.</p>				
<p>Wraps with cheese, seasonal salad and vegetables</p>	<p>Vegetable pasta bake with garlic bread</p>	<p>Baked bean subs Mini rolls with baked beans and melted cheese or on french sticks</p>	<p>Wholemeal crackers, pita bread triangles, salsa, hummus dip, carrot, cucumber, celery sticks</p>	<p>Mixed sandwiches on wholegrain bread Egg and lettuce, tuna and tomato, chicken and salad</p>
<p style="text-align: center;">Water is freely available throughout the day Reduced-fat milk or water is served during breakfast and afternoon tea. All allergies are considered and similar allergy friendly alternatives will be provided.</p>				



OSHC MENU - WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">BREAKFAST</p> <p>Children may select from the following options:</p> <ul style="list-style-type: none"> • Choice of cereals such as Weetbix, Rice bubbles, Sultana Bran and Cornflakes – served with reduced-fat milk. • Seasonal fruit and vegetable platter (i.e. Apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, snow peas) • Wholemeal Toast With a variety of spreads – Nuttelex, vegemite, reduced-fat cream cheese 				
<p style="text-align: center;">AFTERNOON TEA</p> <p>Seasonal fruit and vegetable platter daily. I.e. apples, oranges, bananas, pears, grapes, carrots, cucumber, watermelon, green beans, strawberries, capsicum, cherry tomatoes. Fruit and vegetables served daily will be displayed on the serve program.</p>				
<p>Mixed sandwiches on wholegrain bread Egg and lettuce, tuna and tomato, chicken and salad</p>	<p>Cheese toasties</p>	<p>Wholemeal crackers, pita bread triangles, salsa, hummus dip, carrot, cucumber, celery sticks</p>	<p>Baked beans and spaghetti on toast</p>	<p>Pasta Bolognese</p>
<p style="text-align: center;">Water is freely available throughout the day Reduced-fat milk or water is served during breakfast and afternoon tea. All allergies are considered and similar allergy friendly alternatives will be provided.</p>				

