

OSHC 5 WEEK MENU PLAN - TERM 1 (Week 6-9)



	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 6	BREAKFAST 6.45 – 8am daily	Children may select from a choice of cereals including Weetbix, rice bubbles, corn flakes, muesli (untoasted/natural) served with reduced fat milk. Seasonal fruit is available each day to 8am (eg. apples, oranges, bananas, pears, grapes, watermelon, pineapple)				
		Fried egg on an English muffin	Egg, ham and cheese pita pockets	Pancakes with strawberries and maple syrup	Boiled eggs with grilled cheese soldiers	Scrambled eggs
	AFTERNOON TEA 4.00pm daily	Fresh fruit platters are served from 3.15-3.30pm each afternoon for all children in care				
		Yoghurt tubs with strawberries and a wafer	Banana bread with yoghurt	Nachos	Turkish bread with dip, cheese and cucumber	Party pies and sausage rolls with watermelon cubes
WEEK 7	BREAKFAST	PUBLIC	Pancakes with banana, syrup and cinnamon sprinkle	Poached eggs on brown bread toast	Toast with grilled tomato and cheese	Warm cheese and vegemite scrolls
	AFTERNOON TEA	HOLIDAY	Zucchini slice with cheese and celery	Chicken sausages and potato hash	Pizza muffins	Cabana, cheese, cucumber, cherry tomatoes & crackers
WEEK 8	BREAKFAST	Baked beans on brown bread toast	Omelette with fetta and bacon	Mango breakfast pots	Breakfast sliders	Green smoothie pancakes
	AFTERNOON TEA	Ham and pineapple or olive pull-a-part	Chicken noodles	Plum and yoghurt cake with custard	Dip roll-ups with carrot and celery	Assorted sandwiches with grapes
WEEK 9	BREAKFAST	Banana pancakes with yoghurt and maple syrup	Chunky fruit salad with yoghurt	Reuben toasties	Poached eggs on wholemeal toast with chicken sausage	French toast with grilled pineapple, yoghurt and chocolate sauce
	AFTERNOON TEA	Antipasto platter with rice crackers	Vegetarian sausage rolls with cheese cubes and cucumber	Pasta cups	Fried rice	Chocolate chip hot cross buns with a watermelon wedge

Note: water is also freely available throughout all before and after school care sessions.