Student Free Day Menu

25 January 2021

Monday

Toast, cereal, and fruit.

Breakfast operates from 6.45am to 7.45am

Honey Soy Chicken Wings

Served with vegetarian fried rice and spring rolls

Served with fresh Summer fruit

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GF, DF and Vegetarian options available

Before and After School Care Menu

26 January—29 January 2021

	Tuesday	Wednesday	Thursday	Friday
Before School Care	Toast, cereal, and fruit.	Toast, cereal, and fruit.	Toast, cereal, and fruit.	Toast, cereal, fruit and milo.
	Breakfast operates from 6.45am to 7.45am every morning, Monday to Friday.			
After School Care	Public Holiday	Cranberry and Sunflower Seed Muesli Slice Cheese and Crackers Summer Fruit Selection	Cheese and Bacon Savoury Tortes Summer Fruit Selection	Natural Frozen Fruit Yoghurt Cheese and Crackers Summer Fruit Selection
	Please refer to our website for a complete list of ingredients. The menu on offer is based on the healthy eating approach and caters for basic dietary requirements such as vegetarian, gluten free and dairy free options. For afternoon tea, if your child does not wish to eat the snacks provided, families are more than welcome to supplement additional snack options for their child. Afternoon tea is a snack size serve supplemented with seasonal fresh fruit.			

25 – 29 January 2021		
Healthy Southern Fried Chicken Chicken, buttermilk (D/F rice milk), flour (G/F flour) cornmeal, cumin, paprika, dried herbs, garlic salt, pepper **Potato Salad** Potatoes, spring onion, celery, salt and pepper, mustard, parsley, lemon juice, garlic, pepper	**Savoury Tortes** Puff pastry (G/F pastry), G/F bacon, cheese (D/F cheese), fresh vegetables (may include spinach/ zucchini/tomato/onion), G/F BBQ sauce	**Cranberry and Sunflower Seed Slice** Wholemeal flour (G/F Flour), cranberries, oats (omit for G/F option), sunflower seeds, coconut, eggs, sugar, butter (Vegetable oil margarine), spices