



Weekly Menu

27 January – 31 January 2020

3	Monday	Tuesday	Wednesday	Thursday	Friday
Before School Care	CLOSED	Toast, cereal and fruit.	Toast, cereal and fruit.	Toast, cereal and fruit.	Toast, cereal, fruit and milo.
	Children have the choice of toast with a selection of spread such as vegemite, butter, honey or jam. A selection of cereals will be available such as Rice Bubbles and Corn Flakes				
After School Care	CLOSED	Savoury Slices (e.g. Zucchini and Cheese, Ham and Cheese) (G/F, D/F options available) Bread Selection Seasonal Fresh Fruit	Chinese New Year Celebration - Spring Rolls and Fried Rice. (G/F, D/F options available) Seasonal Fresh Fruit	Fruit Muesli Slice (G/F, D/F options available) Cheese and Crackers Seasonal Fresh Fruit	Natural Frozen Yoghurt (Gf and Df option) Seasonal Fresh Fruit
	Please refer to our website for a complete ingredients list.				

<p><u>Savoury Slices</u> (G/F, D/F options available)</p> <p>Egg, Zucchini, Flour, Cheese, Fresh Herbs, Salt and pepper, Egg, Ham or Bacon,</p>	<p><u>Fried Rice</u> (G/F, D/F options available)</p> <p>Rice, GF Soy Sauce, Onion, Carrot, Zucchini, Egg, Garlic, Ginger, Bacon</p>	<p><u>Fruit Muesli Slice</u> (G/F, D/F options available)</p> <p>W'Meal Flour, Dried Fruit, Oats, Coconut, Eggs, Sugar, Butter, Spices GF Flour, Dried Fruit, Oats, Coconut, Eggs, Sugar, Vegetable Margarine, Spices</p>
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