



Weekly Menu

30 November – 4 December 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School Care	Toast, cereal, and fruit.	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	Roast Tomato and Basil Pasta with Parmesan Cheese (G/F and D/F Option) Fresh Seasonal Fruit	Savoury Quiche - includes Ham and Cheese, Spinach and Feta, Zucchini (G/F, D/F option) Fresh Seasonal Fruit	Pizza Scrolls with Tomato, Ham and Cheese, Mixed Vege, Vegemite and Cheese (G/F and D/F option) Fresh Seasonal Fruit	Banana Bread (G/F and D/F Option) Cheese and Crackers Seasonal Fresh Fruit	Lemon Sorbet Cheese and Crackers Fresh Seasonal Fruit
	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.				

<u>Pasta with Roast Tomato and Basil Sauce and Parmesan</u> Dried pasta, fresh tomato, onion, tomato paste, garlic, fresh basil, olive oil, salt and pepper. Optional parmesan cheese. (G/F and D/F option).	<u>Savoury Scrolls</u> Tomato paste, cheese (D/F cheese), G/F ham, vegemite, spinach, zucchini, garlic, puff pastry (G/F puff pastry)	<u>Savoury Quiche</u> Short crust pastry (G/F, D/F pastry), eggs, cheese (D/F cheese), ham, fresh herbs, spinach, feta cheese
<u>Banana Bread</u> Flour, Whole wheat flour, banana, butter, milk, sugar, eggs, vanilla, cinnamon (G/F and D/F Banana Bread-substitute G/F flour, vegetable oil margarine, and soy milk).		