



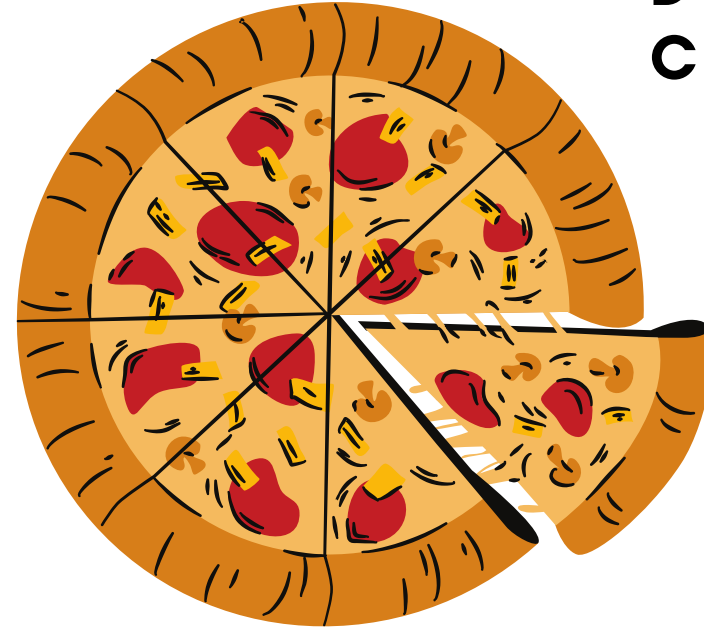
April Vacation Care

Menu and Ingredients List

Week 1 Vacation Care Menu

Tuesday

DOMINO'S AND PIZZA
CAPERS PIZZA



With
Fresh Autumn Fruit

(G/F, D/F and Allergy and Vegetarian Option)

Wednesday

POKE BOWLS

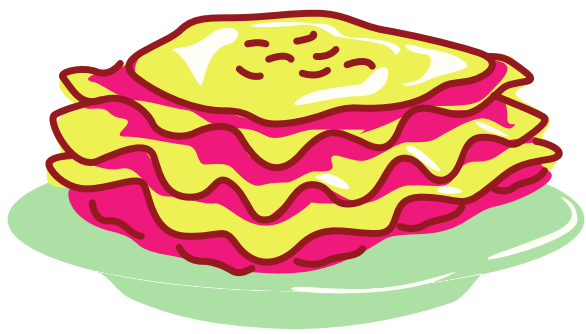
(G/F and Allergy Option)



With
Fresh Autumn Fruit

Thursday

VEGE LOADED BEEF LASAGNE



(G/F, D/F and Allergy
and Vegetarian Option)

With

Tossed Green Salad
&
Fresh Autumn Fruit

Friday

ITALIAN TOMATO AND
BACON PASTA WITH
PARMASEN CHEESE



AND GARLIC BREAD



With
Fresh Autumn Fruit

(G/F, D/F and Allergy and Vegetarian Option)

Week 1 Vacation Care Ingredient List

Wednesday

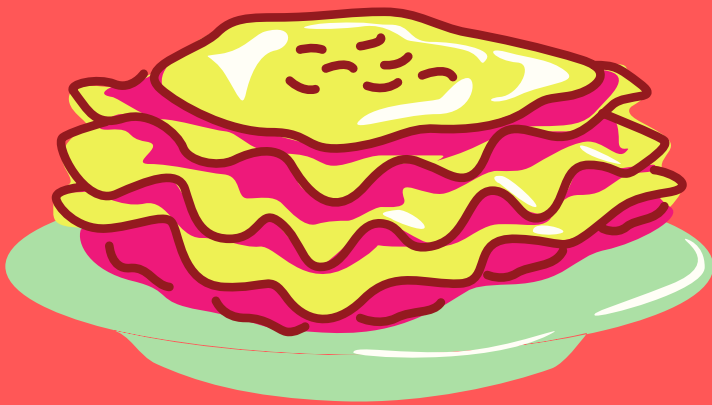
POKE BOWLS



Brown and white rice, noodles, seasonal vegetables, chicken, eggs, pepitas, sunflower seeds, sesame seeds, soy sauce, olive oil, ginger, garlic. Optional kecap manis (sweet soy sauce) and sweet chilli sauce

Thursday

VEGE LOADED BEEF LASAGNE



Beef mince (or textured vegetable protein), tomatoes, tomato paste, onion, carrot, zucchini, celery, spinach, G/F vegetable stock, garlic, basil, salt and pepper, pasta (or G/F, Egg free pasta), butter (or D/F vegetable margarine), flour (or G/F flour), milk (or rice milk), G/F stock, cheese (or D/F cheese), parmesan cheese

Tomatoes, pasta, onion, olive oil, garlic, parsley, basil, salt and pepper, bacon. Optional Parmesan cheese.



Friday

ITALIAN TOMATO AND BACON
PASTA WITH PARMASEN
CHEESE

Week 2 Vacation Care Menu



Monday

PASTA SALAD WITH
SEASONAL VEGES
AND MILD CHORIZO

(G/F, D/F and Allergy and Vegetarian Option)



With

Fresh Autumn Fruit

Tuesday

BUTTER CHICKEN

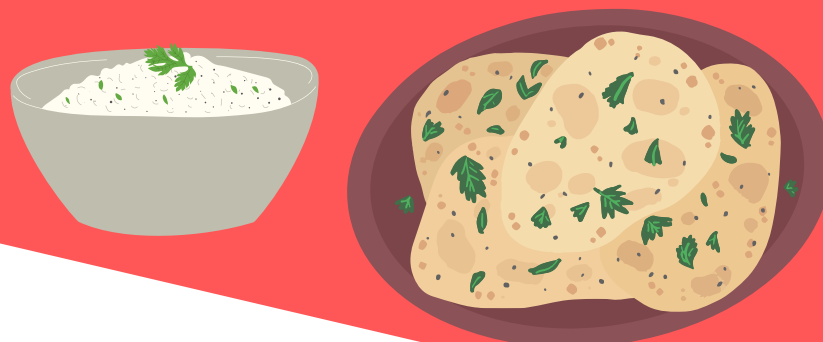
(G/F, D/F and Allergy Option)



With

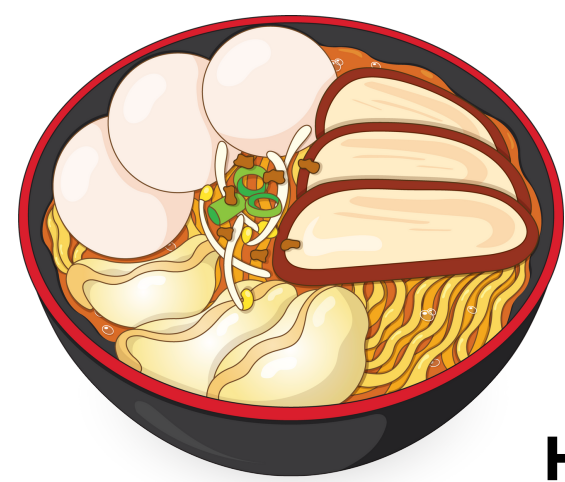
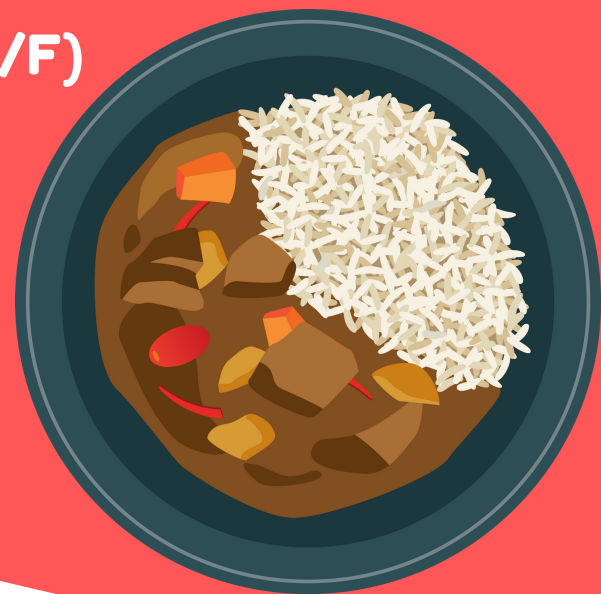
Fresh Autumn Fruit

Steamed Rice &
Garlic Naan



VEGETABLE &
CHICKPEA KORMA
CURRY

(G/F and D/F)



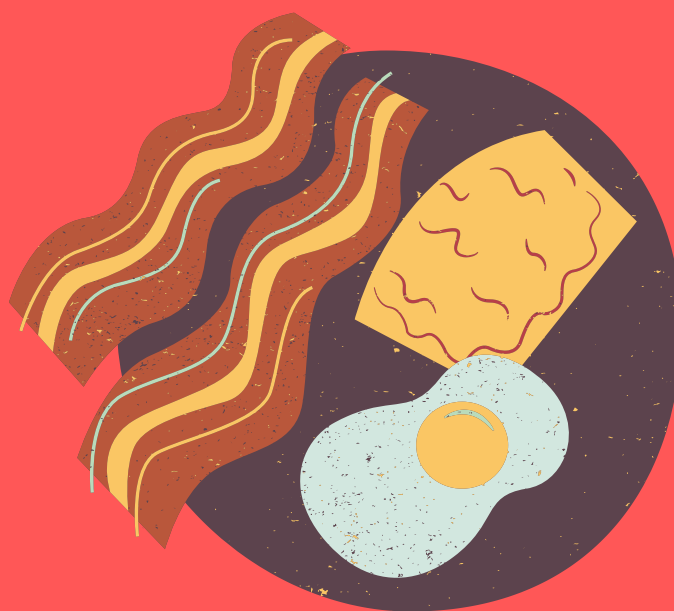
Wednesday

HOKKIEN NOODLES WITH GROUND
PORK AND VEGE'S, GARLIC,
GINGER AND SWEET SOY SAUCE
(G/F, D/F, Allergy and Vegetarian Option)

With
Vegetarian Spring Rolls
&
Fresh Autumn Fruit

With

Fresh Autumn Fruit



Thursday

BREAKFAST FOR LUNCH
BURGERS

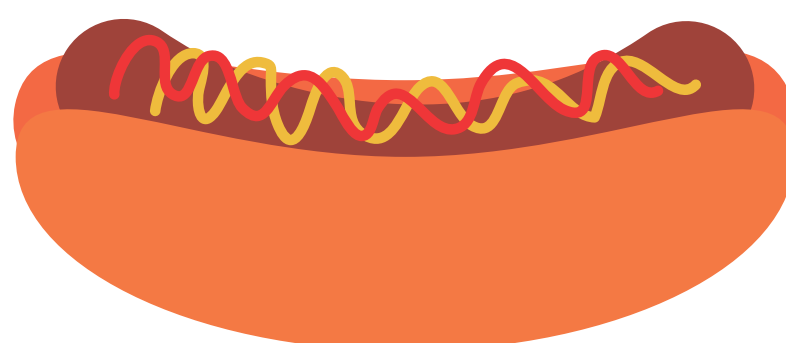
(G/F, D/F and Allergy and Vegetarian Option)



Friday

HOT DOGS & ZOOPER
DOOPERS

(G/F, D/F and Allergy and Vegetarian Option)



Week 2 Vacation Care Ingredient List

Monday

PASTA SALAD WITH
SEASONAL VEGES
AND MILD CHORIZO



Pasta (or G/F, Egg free pasta) seasonal vegetables, chorizo, mozzarella cheese (or D/F cheese), parsley, sun dried tomato mayonnaise (mayonnaise or vegan mayonnaise, sun dried tomatoes, lemon juice)

Tuesday

BUTTER CHICKEN

Chicken, onions, carrot, yoghurt (D/F coconut yoghurt) garam masala, cumin, Kashmiri chilli powder, ginger, garlic, olive oil, lemon juice, tomato passata, salt, pepper, low fat cream (D/F opt).



VEGETABLE &
CHICKPEA KORMA
CURRY

Seasonal vegetables, chickpeas, garam masala, cumin, coriander Kashmiri chilli powder, cardamom, ginger, garlic, olive oil, salt and pepper, diced tomato, coconut milk

Wednesday

HOKKIEN NOODLES WITH GROUND PORK AND
VEGE'S, GARLIC, GINGER AND SWEET SOY SAUCE

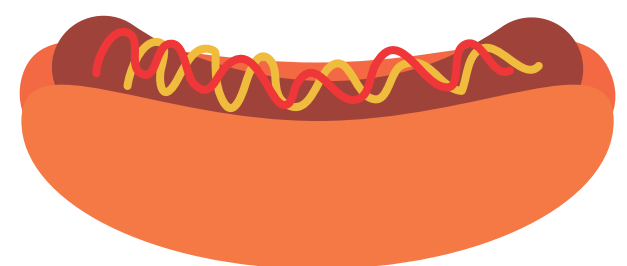
Hokkien wheat noodles (G/F rice noodles), pork mince (Vegetarian tofu), garlic, ginger, spring onions, carrot, celery (may also include broccoli, water chestnuts, snow peas, baby corn), soy sauce, sweet soy sauce



Thursday

BREAKFAST FOR LUNCH
BURGERS

Wholemeal dinner rolls (G/F bread rolls), eggs, G/F short cut bacon, hash browns (G/F hash browns), sliced tasty cheese, tomato, olive oil. Optional G/F tomato/BBQ Sauce



Friday

HOT DOGS

Wholemeal Dinner Rolls with Cocktail Frankfurts, Cheese and Sauce (G/F, D/F, Allergy and Vegetarian Options)