






**MENU PLAN**  
**Winter Vacation Care: 8<sup>th</sup>- 12<sup>th</sup> July 2019**




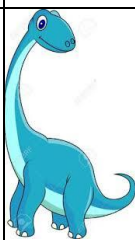

	Breakfast	Morning Tea	Lunch	Afternoon Tea	Snack
M	<b>Toast</b> (options: wholemeal bread: margarine, vegemite, jam, honey)  <b>GF/E/D- bread</b>	<b>Yoghurt/ Muesli and Fruit</b> (yoghurt, muesli, apples, pears, oranges) <b>D: Soy yoghurt</b> <b>GF/N/E- Plain rice crackers</b> <b>GF/N- Muesli</b>	<b>BYO</b>	<b>Rice Cakes with Ham and Cheese</b> <b>D: Bio Cheese/ salt and vinegar/ plain flavoured rice cakes</b> <b>GF- Rice cakes/ Ham</b> <b>V: Corn Fritters</b>	<b>Veggie Sticks and Dip</b> (Carrot, cucumber, capsicum, salsa, hummus, tzatziki) <b>D: Salsa, hummus</b> <b>N: Salsa</b>
T	<b>Crumpets</b> (options: margarine, vegemite, jam, honey) <b>GF/E/D- bread</b>	<b>EXCURSION-</b> <b>Fruit platter provided</b>	<b>EXCURSION-</b> <b>Fried Rice provided</b>	<b>Ham, cheese, tomato sandwiches</b> <b>GF: GF bread</b> <b>D: Bio cheese</b> <b>V: Tomato and cheese</b>	 <b>Popcorn and fruit</b> (popcorn, apples, pears, oranges, grapes)
W	<b>Yoghurt and Berries</b> <b>D: soy yoghurt</b>	<b>Crackers and Veggies Sticks</b> (crackers, carrot, cucumber, capsicum) <b>D: Plain/ Seaweed crackers</b>	 <b>PIZZA</b> (Cheese, ham and pineapple, meat lovers) <b>G: GF Crust</b> <b>D/V/E- Vegan Pizza</b>	<b>Weet-bix slice and fruit</b> (weet-bix slice, apples, oranges, grapes, watermelon) <b>G- GF slice and fruit</b> <b>D- Rice wheels and Fruit</b>	<b>Milo</b> <b>D: Soy Milk</b> <b>GF/DF: Organic drinking chocolate</b>
T	<b>Muffins</b> (options: margarine, vegemite, jam, honey) <b>GF/E/D- bread</b>	<b>EXCURSION- BYO</b>	<b>BYO</b>	 <b>Banana Smoothies and banana chips</b> <b>N/G/D: Rice wheels/ Soy milk</b>	<b>Veggie Sticks and Cabanossi</b> <b>V/ N- Falafel</b>
F	<b>Toast</b> (options: margarine, vegemite, jam, honey) <b>GF/E/D- bread</b>	 <b>Crackers and Stop Light Veggies</b> (crackers, cherry tomatoes, corn, cucumber) <b>D: Plain/ Seaweed crackers</b>	<b>BYO</b>	<b>Antipasto platter</b> (salami, ham, cabanossi, cheese, veggies) <b>D: No cheese</b> <b>V: Vegetarian Dumplings</b> <b>GF: ham/cheese/veggies</b>	<b>Pretzels, Cheese, Sultanas</b> <b>G: Popcorn</b> <b>D: Bio cheese</b> <b>N: Apples</b>



# MENU PLAN



Winter Vacation Care: 15<sup>th</sup> – 19<sup>th</sup> July 2019


	Breakfast	Morning Tea	Lunch	Afternoon Tea	Snack
M	<b>Yoghurt and Berries</b> D: Soy yoghurt	<b>EXCURSION- BYO</b> <b>N/GF/D: Make popcorn before leaving centre</b>	BYO	Ham/ Cheese/ Crackers and fruit (crackers, ham, cheese, apples, oranges, pears, watermelon) D: plain crackers /Bio Cheese GF – plain crackers V: Falafel	 <b>Paw Print Rice Cakes</b> (rice cakes, cherry tomatoes, cucumber) D: Plain/ salt & vinegar rice cake
T	<b>Ham and Cheese Toasties</b> GF/N/E/D – Bread D: Bio cheese V: Corn fritters	<b>Crackers/ Veggie Sticks and Dip</b> (carrot, cucumber, salsa, hummus, tzatziki) D: Salsa, hummus N: Salsa	BYO	 <b>Dinosaur Bolognese</b> V: Vegan Mince G/E: GF Pasta	<b>Dino Spikes and fruit</b> (watermelon, apples, oranges, pears)
W	<b>Hashbrowns</b>	<b>EXCURSION- BYO</b>	BYO	Rice cakes, ham and cheese D: Bio Cheese V: Vegetarian dumplings	<b>Mango Magic Smoothies</b> D: Soy milk/ soy yoghurt
T	<b>Crumpets</b> (margarine, vegemite, honey, jam) GF/N/E/D – Bread	<b>Warm Custard and Berries</b> D: Soy yoghurt	BYO	<b>Make your own Sandwich</b> GF/N/E/D – Bread V- Falafel (spreads, ham, salami, cheese, tomato, cucumber)	<b>Popcorn and fruit</b> (apples, oranges, pears, grapes)
F	<b>Toast</b> GF/N/E/D – Bread (margarine, vegemite, honey, jam)	<b>Pretzels, Sultanas, and Cheese</b> G: Popcorn D: Bio cheese N: Apples	<b>Burritos</b> (meat, tomato, cucumber, cheese, salsa, lettuce) G/D/E: Bread V: Veggie bites D: Bio Cheese	 <b>Glow in the dark jelly and fruit</b> (apples, oranges, pears, grapes) V: vegetarian jelly	<b>Banana Chips and Crackers</b> N/G/D: Rice wheels



# MENU PLAN



Winter Vacation Care: 22<sup>nd</sup> July 2019

PFD	Muffins (margarine, vegemite, honey, jam) GF/N/E/D – Bread	Yoghurt, muesli and fruit (apples, pears, grapes, watermelon) D: Soy yoghurt GF/N/E- Plain rice crackers GF/N- Muesli	BYO	Chicken, Lettuce and Mayo Wraps G: GF bread V: Corn Fritters D/N: No Mayo	Rainbow Veggies (tomatoes, sweet potato, corn, peas and purple carrot) 
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