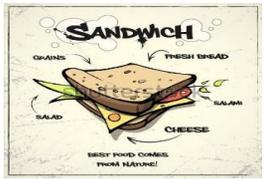


**Term 4 2020 week 4** Menu may change due to availability of ingredients and the summer heat. Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Yoghurt (vanilla and mango) and fruit Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Nachos – Preservative/colouring free. corn chips, grated cheese and passata sauce. Zoooper Doopers	Water	Popcorn fruit	
Tuesday	Spaghetti toasties Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches, multigrain and white bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, honey, devon and tomato sauce. Devon requested by the children.	Water	Crackers fruit	
Wednesday	Banana Bread made by the children Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Healthy nibbles: popcorn made at OOSH, rice crackers, pretzels and salad vegetables. Oreos	Water	Rice cakes fruit	Interesting fact: Original Oreos are dairy free, nut free and vegan.
Thursday	English muffins Rice Bubbles Weetbix, Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	K, 1, 2 and 3: Sandwiches made by Miss Michelle Years 4,5 and 6: Sandwich making station. The children will be given an assortment of cold meats, cheese, salad vegetables and toppings to make their own sandwiches.	Water	Pretzels fruit	This is a new project for years 4,5 and 6 to show their inner chef and design their own sandwiches.
Friday	Smoothies and Multigrain toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Rice cakes, various flavors with a choice of toppings. Cheese, ham, chicken and seasonal vegetables Devon requested by children	Water	Corn chips fruit	

**Term 1 2020 week 5** Menu may change due to availability of ingredients and the summer heat. Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Multigrain toast Rice Bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sakata crackers – plain rice biscuits with a selection of salad vegetables, ham, chicken and cheese. Carrot, capsicum, cucumber, tomatoes and beans.	Water	Corn chips fruit	
Tuesday	Banana bread made by the children Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches, multigrain and white bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, honey, ham and cheese. Years 4,5 and 6 will be making their own sandwiches.	Water	Popcorn fruit	
Wednesday	Smoothies and English muffins Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Cocktail Frankfurts white, multigrain bread and tomato sauce.  Spring roll option for vegetarians and vegans.	Water	Rice cakes fruit	Always a popular occasional treat.
Thursday	Yoghurt (vanilla and strawberry or mango) Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	White and multigrain wraps, chicken, ham, salad vegetables and French onion dip made by the children. Carrot, capsicum, cucumber, tomatoes and avocado. French onion dip is very popular.	Water	Oreos fruit	
Friday	Raisin toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Turkish bread with an assortment of dips made by the children, cheese, cold meats and salad vegetables. Carrot, capsicum, cucumber, tomatoes and snow peas.	Water	Sakatas fruit	Turkish bread is a new option at OOSH.

**Term 1 2020 week 6** Menu may change due to availability of ingredients and the summer heat. Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Smoothies and Raisin Toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches, multigrain and white bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, honey, ham and cheese. Years 4, 5 and 6 will be making their own sandwiches.	Water	Popcorn Fruit	Jack H really enjoys our OOSH selection of sandwiches.
Tuesday	Multigrain toast Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Rice cakes, various flavors with a choice of toppings. Cheese, ham, chicken and seasonal vegetables. Carrot, capsicum, cucumber, tomatoes and broccoli.	Water	Zooper Doopers Fruit	All our new kindergarten children have really impressed us with how they love their fruit and vegetables
Wednesday	Cheese toasties Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sausage Sizzle. Beef or vegetarian sausages with tomato sauce Multigrain and white bread. Vegetarian and vegan alternative.	Water	Rice cakes fruit	
Thursday	Yoghurt (vanilla and strawberry or mango) Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Whole meal Lebanese Bread with assorted salad vegetables, falafel and hommus. Carrot, capsicum, cucumber, tomatoes and snow peas.	Water	Pretzels fruit	
Friday	Crumpets Rice Bubbles Weetbix Cornflakes	Water/Low fat Milk	Seasonal fruit and vegetables. Always red and green apples.	Sandwiches Plain: Vegemite, cheese, honey, chicken and devon Toasted: cheese, cheese and ham. Always popular.	Water	Corn chips fruit	

