

Vacation Care Menu

December/January 2020 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals: Rice Bubbles/ Nutri Grain/ Cornflakes (GF)/ Weet- Bix (GF)/ Cheerio's/ Porridge (oats)/ Soy Milk/ Milk/ Lactose Free Milk/ White/ Wholemeal/ Whole Grain Bread/ Raisin Toast – assorted Jams/ Honey/ Vegemite/ Butter/ Fruit				
Morning Tea	Crackers & Cheese <ul style="list-style-type: none"> • Crackers or • Rice Crackers • Cheese • Raisins • Fruit fresh or dried fruit • Yoghurt 	Crackers & Cheese <ul style="list-style-type: none"> • Crackers or • Rice Crackers • Cheese • Raisins • Fruit fresh or dried fruit • Yoghurt 	Crackers & Cheese <ul style="list-style-type: none"> • Crackers or • Rice Crackers • Cheese • Raisins • Fruit fresh or dried fruit • Yoghurt 	Crackers & Cheese <ul style="list-style-type: none"> • Crackers or • Rice Crackers • Cheese • Raisins • Fruit fresh or dried fruit • Yoghurt 	Crackers & Cheese <ul style="list-style-type: none"> • Crackers or • Rice Crackers • Cheese • Raisins • Fruit fresh or dried fruit • Yoghurt
Lunch	Lunch is not provided! Please pack a healthy and nutritious lunch in a cooler bag. \$10 surcharge applies per day if lunch is not provided.				
Afternoon Tea	Rice Cakes or Corn Cakes or Shapes or Sakata's or Nachos or Pretzel with Cheese, dried fruit, vegetables & dips. Sandwiches or Wraps Biscuit Yoghurt Fruit	Rice Cakes or Corn Cakes or Shapes or Sakata's or Nachos or Pretzel with Cheese, dried fruit, vegetables & dips. Sandwiches or Wraps Biscuit Yoghurt Fruit	Rice Cakes or Corn Cakes or Shapes or Sakata's or Nachos or Pretzel with Cheese, dried fruit, vegetables & dips. Sandwiches or Wraps Biscuit Yoghurt Fruit	Rice Cakes or Corn Cakes or Shapes or Sakata's or Nachos or Pretzel with Cheese, dried fruit, vegetables & dips. Sandwiches or Wraps Biscuit Yoghurt Fruit	Rice Cakes or Corn Cakes or Shapes or Sakata's or Nachos or Pretzel with Cheese, dried fruit, vegetables & dips. Sandwiches or Wraps Biscuit Yoghurt Fruit
Vegetarian, Vegan and Gluten Free Alternatives available					