

VACATION CARE MENU

OFFERED DAILY

BREAKFAST

SERVED 6:30AM - 8:15AM

CEREAL

WEETBIX OR WEETBIX BITES | GF
RICE BUBBLES | GF; WF; EF; SF
CORNFLAKES | GF
NUTRI-GRAIN
CHEERIOS
SULTANA BRAN
MILK ALTERNATIVE OPTIONS:
LACTOSE FREE / SOY MILK

TOAST

WHOLEMEAL OR MULTIGRAIN | GF
NUTELX BUTTER | DF; NF; SF
JAM; VEGEMITE; HONEY

MORNING TEA

SERVED 9:30AM - 10:30AM

FRUIT

AN ASSORTMENT OF THE FOLLOWING:
WATERMELON; APPLES; ORANGES;
STRAWBERRIES; GRAPES;
ROCKMELON; HONEYDEW;
PINEAPPLE; BLUEBERRIES; PEAR;
BANANA; KIWI FRUIT

DRIED FRUIT

APRICOT; SULTANAS

CHEESE CUBES

ADDITIONAL CHOICES | SPECIALS

PLEASE NOTE: Menu Items may vary depending upon availability

● BREAKFAST ITEM

● MORNING TEA ITEM

ROTATED WEEKLY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	● Baked Beans ● Rice Cakes	● Hot Cakes ● Pretzels	● Fruit Toast ● Crackers	● Hash Browns ● Corn Chips	● Milo ● Crackers
Week 2	● Milo ● Crackers	● Baked Beans ● Rice Cakes	● Hot Cakes ● Pretzels	● Fruit Toast ● Crackers	● Hash Browns ● Corn Chips
Week 3	● Hash Browns ● Corn Chips	● Milo ● Crackers	● Baked Beans ● Rice Cakes	● Hot Cakes ● Pretzels	● Fruit Toast ● Crackers
Week 4	● Fruit Toast ● Crackers	● Hash Browns ● Corn Chips	● Milo ● Crackers	● Baked Beans ● Rice Cakes	● Hot Cakes ● Pretzels

DIETARY KEY:

The following symbols denote items that have alternative dietary options available

Gluten Free.....GF Soy Free.....SF
Wheat Free.....WF Egg Free.....EF
Dairy Free.....DF Vegan.....V
Nut Free.....NF

AFTERNOON TEA | SERVED 3:00PM - 3:30PM

CHEESE CUBES OR YOGHURT

SAVOURY SANDWICHES OR WRAPS | GF

A SWEET TREAT | GF; DF; EF; NF; V

SPREAD SANDWICHES | GF

NUTELX WITH EITHER VEGEMITE; HONEY; STRAWBERRY JAM

SAVOURY SNACK | GF

EITHER CRACKERS, RICE CAKES, PRETZELS, OR CORN CHIPS

FRUIT & VEGETABLES

AN ASSORTMENT OF THE FOLLOWING:
WATERMELON; APPLES; ORANGES;
STRAWBERRIES; GRAPES; ROCKMELON;
HONEYDEW; PINEAPPLE; BLUEBERRIES;
PEAR; BANANA; KIWI FRUIT
CARROT; CAPSICUM; CUCUMBER

ADDITIONAL CHOICES | SPECIALS

PLEASE NOTE: Menu Items may vary depending upon availability

ROTATED WEEKLY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Sandwiches (all with Nutelx spread): ~ Ham & Lettuce ~ Salami & Lettuce ~ Cheese Corn Chips Cheese Cubes Arnett's Arrowroot	Wraps ~ Ham & Lettuce ~ Chicken & Lettuce ~ Cheese & Lettuce Crackers (Variety of Flavors) Yoghurt (Variety of Flavors) Wafer (Chocolate & Vanilla)	Sandwiches (all with Nutelx spread): ~ Salami & Lettuce ~ Chicken & Lettuce ~ Cheese Pretzels Cheese Cubes Arnett's Scotch Finger	Wraps ~ Salami & Lettuce ~ Chicken & Lettuce ~ Cheese & Lettuce Crackers (Variety of Flavors) Cheese Cubes Wafer (Chocolate & Vanilla)	Sandwiches (all with Nutelx spread): ~ Ham & Lettuce ~ Salami & Lettuce ~ Cheese Rice Cakes (Variety of flavors) Yoghurt (Variety of Flavors) Banana Cake
Week 2	Sandwiches (all with Nutelx spread): ~ Ham & Lettuce ~ Salami & Lettuce ~ Cheese Rice Cakes (Variety of flavors) Cheese Cubes Wafer (Chocolate & Vanilla)	Wraps ~ Ham & Lettuce ~ Chicken & Lettuce ~ Cheese & Lettuce Corn Chips Yoghurt (Variety of Flavors) Arnett's Arrowroot	Sandwiches (all with Nutelx spread): ~ Salami & Lettuce ~ Chicken & Lettuce ~ Cheese Crackers (Variety of flavors) Cheese Cubes Wafer (Chocolate & Vanilla)	Wraps ~ Salami & Lettuce ~ Chicken & Lettuce ~ Cheese & Lettuce Pretzels Cheese Cubes Arnett's Scotch Finger	Sandwiches (all with Nutelx spread): ~ Ham & Lettuce ~ Salami & Lettuce ~ Cheese Crackers (Variety of flavors) Yoghurt (Variety of Flavors) Orange Cake
Week 3	Sandwiches (all with Nutelx spread): ~ Ham & Lettuce ~ Salami & Lettuce ~ Cheese Crackers (Variety of flavors) Cheese Cubes Arnett's Scotch Finger	Wraps ~ Ham & Lettuce ~ Chicken & Lettuce ~ Cheese & Lettuce Rice Cakes (Variety of flavors) Yoghurt (Variety of Flavors) Wafer (Chocolate & Vanilla)	Sandwiches (all with Nutelx spread): ~ Salami & Lettuce ~ Chicken & Lettuce ~ Cheese Corn Chips Cheese Cubes Arnett's Arrowroot	Wraps ~ Salami & Lettuce ~ Chicken & Lettuce ~ Cheese & Lettuce Crackers (Variety of flavors) Cheese Cubes Wafer (Chocolate & Vanilla)	Sandwiches (all with Nutelx spread): ~ Ham & Lettuce ~ Salami & Lettuce ~ Cheese Pretzels Yoghurt (Variety of Flavors) Banana Cake
Week 4	Sandwiches (all with Nutelx spread): ~ Ham & Lettuce ~ Salami & Lettuce ~ Cheese Rice Cakes (Variety of flavors) Cheese Cubes Wafer (Chocolate & Vanilla)	Wraps ~ Ham & Lettuce ~ Chicken & Lettuce ~ Cheese & Lettuce Crackers (Variety of Flavors) Yoghurt (Variety of Flavors) Arnett's Scotch Finger	Sandwiches (all with Nutelx spread): ~ Salami & Lettuce ~ Chicken & Lettuce ~ Cheese Rice Cakes (Variety of flavors) Cheese Cubes Wafer (Chocolate & Vanilla)	Wraps ~ Salami & Lettuce ~ Chicken & Lettuce ~ Cheese & Lettuce Corn Chips Cheese Cubes Arnett's Arrowroot	Sandwiches (all with Nutelx spread): ~ Ham & Lettuce ~ Salami & Lettuce ~ Cheese Crackers (Variety of flavors) Yoghurt (Variety of Flavors) Banana Cake

