

June/July Vacation Care Menu

Breakfast Selection

Toasted Bread (GF Options)

CHOICE OF:

- Wholemeal Bread (VE; V; DF; NF)

SERVED WITH:

- Nuttelex Margarine Spread (DF; NF; SF)
- Vegemite (VE)
- Honey (VE; DF; EF; GF)
- Strawberry Jam (VE; V; GF; DF; EF; NF)

Cereal Selection

CHOICE OF:

- Weetabix Bites (Wild Berry) (EF, VE)
- Kellog's Rice Bubbles (EF; SF, VE)
- Uncle Toby's Cheerios (EF, VE)
- Kellog's Corn Flakes (EF, SF, VE)
- Kellog's Nutri Grain (EF, SF, VE)

Breakfast Specials

*Served according to weekly timetable

CHOICE OF:

- Hashbrowns (GF, SF, EF, NF, DF, V, VE)
- Baked Beans in Tomato Sauce (V, VE, DF, EF)
- Coles Cafe Style Raisin Toast (V, VE, DF, EF)
- Nestle Milo (V, VE, EF)
- Hot Cakes (V, VE, NF, S)

Morning Tea

ASSORTMENT OF FRUIT

CHOICE MAY INCLUDE:

- APPLES
- ORANGES
- WATERMELON
- ROCKMELON

*Subject to seasonal availability

CHEESE

- Tasty Cheese Cubes (GF, EF, S, NF)

RICE CAKES (GF)

CHOICE MAY INCLUDE:

- SunRice Thin Sour Cream & Chives (VE; EF; GF; NF; S)
- SunRice Salt & Balsamic Vinegar (VE; EF; GF; NF; S)
- RealFoods Corn Thins Cheese (VE; EF; GF; NF; S)
- RealFoods Original Corn Thins (VE; V; GF; DF; EF; NF; S)

Afternoon Tea

ASSORTMENT OF FRUIT

CHOICE MAY INCLUDE:

- APPLES
- ORANGES
- WATERMELON
- ROCKMELON

*Subject to seasonal availability

SAVOURY WRAPS

CHOICE MAY INCLUDE:

- Ham and Lettuce
- Chicken and Lettuce
- Cheese Wrap
- Ham and Cheese
- Chicken and Cheese
- Salami and Cheese
- Chicken and Lettuce
- Nuttelex Margarine Spread + Vegemite
- Nuttelex Margarine Spread + Strawberry Jam
- Nuttelex Margarine Spread + Honey

SAVOURY SANDWICHES

CHOICE MAY INCLUDE:

- Ham and Lettuce
- Salami and Lettuce
- Ham and Cheese
- Salami and Cheese
- Cheese
- Nuttelex Margarine Spread + Vegemite
- Nuttelex Margarine Spread + Strawberry Jam
- Nuttelex Margarine Spread + Honey

SWEET BISCUIT SELECTION

CHOICES MAY INCLUDE:

- ARNOTT'S SCOTCH FINGERS
- ARNOTT'S MILK ARROWROOT BISCUITS
- COLES BRAND Vanilla Wafers
- COLES BRAND Chocolate Wafers

FOR ALLERGENS:

- ORGRAN Outback Animals Allergy Chocolate Cookies
- ORGRAN Outback Animals Allergy Vanilla Cookies

DIETARY KEY

The following symbols denote dietary contents of items

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

MENU SCHEDULE

Breakfast Special

Morning Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Hotcakes Assortment of Fruit Cheese Cubes Rice Cakes	Baked Beans in Tomato Sauce Assortment of Fruit Cheese Cubes Rice Cakes	Milo Assortment of Fruit Cheese Cubes Rice Cakes	Hash Browns Assortment of Fruit Cheese Cubes Rice Cakes	Raisin Toast Assortment of Fruit Cheese Cubes Rice Cakes
Week 2 Milo Assortment of Fruit Cheese Cubes Rice Cakes	Hash Browns Assortment of Fruit Cheese Cubes Rice Cakes	Raisin Toast Assortment of Fruit Cheese Cubes Rice Cakes	Baked Beans in Tomato Sauce Assortment of Fruit Cheese Cubes Rice Cakes	Hotcakes Assortment of Fruit Cheese Cubes Rice Cakes

Afternoon Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Assortment of Fruit Savoury Wraps Sweet Biscuit	Assortment of Fruit Savoury Sandwiches Sweet Biscuit	Assortment of Fruit Savoury Wrap Sweet Biscuit	Assortment of Fruit Yoghurt Sweet Biscuit	Assortment of Fruit Savoury Wrap Sweet Biscuit
Week 2 Assortment of Fruit Savoury Sandwiches Sweet Biscuit	Assortment of Fruit Yoghurt Sweet Biscuit	Assortment of Fruit Savoury Sandwiches Sweet Biscuit	Assortment of Fruit Savoury Wrap Sweet Biscuit	Assortment of Fruit Savoury Sandwiches Sweet Biscuit