



Afternoon snack

“The Service aims to meet the nutritional needs of children and to promote healthy eating habits by providing quality, health-building foodstuffs and fluids. The emphasis shall be placed on fresh and natural food that is high in fibre and low in fats and added sugar.”

Sutherland Street OSHC Family Handbook

Week 1 (09/10/17)

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Sandwiches	Corn Chips and Salsa	Saladas & Cheese	2-Minute Noodles	Flat bread, Dip & Vegetable Sticks

Week 2 (16/09/17)

Monday	Tuesday	Wednesday	Thursday	Friday
Special Treat	Weetbix & Toast	Fried Rice	Milo and Cookies	Popcorn

Week 3 (23/10/17)

Monday	Tuesday	Wednesday	Thursday	Friday
2-Minute Noodles	Crackers, Dip & Vegetable Sticks	Tinned Fruit Salad and Yoghurt	Corn Chips and Salsa	Special Treat

Week 4 (30/10/17)

Monday	Tuesday	Wednesday	Thursday	Friday
Fried Rice	Saladas & Cheese	Fresh Sandwiches	Special Treat	Weetbix & Toast

If you feel that your child will not enjoy the meals provided, please pack a sandwich and a piece of fruit. Please note that we are a nut and seafood free program, so do not pack peanut butter, Nutella or tuna.



Afternoon snack

Week 5 (06/11/17)

Monday	Tuesday	Wednesday	Thursday	Friday
No KPS	Public Holiday Melbourne up	Popcorn	Tinned Fruit Salad and Yoghurt	Milo and Cookies

Week 7 (13/11/17)

Monday	Tuesday	Wednesday	Thursday	Friday
Special Treat	2-Minute Noodles	Custard & Cake (from Centre)	Saladas & Cheese	Corn Chips and Salsa

Week 7 (20/11/17)

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Sandwiches	Fried Rice	Special Treat	Cake and Custard	Tinned Fruit Salad and Yoghurt

Week 8 (27/11/17)

Monday	Tuesday	Wednesday	Thursday	Friday
Special Treat	Milo and Cookies	Corn Chips and Salsa	Weetbix & Toast	2-Minute Noodles

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Afternoon snack

Week 9 (04/12/17)

Monday	Tuesday	Wednesday	Thursday	Friday
Saladas & Cheese	Special Treat	Cake and Custard	Milo and Cookies	Fried Rice

Week 10 (11/12/17)

Monday	Tuesday	Wednesday	Thursday	Friday
Crackers, Dip & Vegetable Sticks	Tinned Fruit Salad and Yoghurt	Special Treat	Fried Rice	Corn Chips and Salsa

Week 11 (18/12/17)

Monday	Tuesday	Wednesday	Thursday	Friday
Weetbix & Toast	Milo and Cookies	Cake and Custard	Special Treat	Saladas & Cheese

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