

Sutherland Street Out of School Hours Care

Easter Holiday Menu



“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.”

Week 1:

Monday 2nd April	Easter Monday	Closed
Tuesday 3rd April	Sausages in Bread with Garden Salad & Pasta Salad	Corn Chips and Salsa
Wednesday 4th April	Tacos with Beef Mince, Lettuce, Carrot, Corn and Cheese	Popcorn, Fresh Fruit Skewers
Thursday 5th April	Hot Dogs and Coleslaw	Rice Crackers, Vegetable Sticks and Dip (Humus for Dairy Allergies)
Friday 6th April	Wraps with Lettuce, Tomato, Carrot, Cucumber, Mayonnaise	Pancakes

Week 2

Monday 9th April	Spaghetti Bolognese and Garlic Bread	Rice Crackers, Vegetable Sticks and Dip (Humus for Dairy Allergies)
Tuesday 10th April	Fried Rice (One pan no Egg, or Meat)	Yoghurt and Fruit Salad
Wednesday 11th April	Sandwiches with Jam, Cheese or Vegemite	Corn chips and Salsa
Thursday 12th April Easter Parade	Baked Potatoes	Toasted Sandwiches
Friday 13th April	Butter Chicken with Basmati Rice	Rice Cakes with Dips

Breakfast is a combination of low GI cereals and toast

Please note that breakfast is only served before 8am

Morning Tea is a selection of seasonal fresh fruit with milk and water

Afternoon tea is served with a platter of fresh fruit