



Afternoon Snack Term 4 2018

“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: Week Commencing 8th October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Toasted Sandwiches	Anzac Slice	Meat Balls and Pasta	Pizza Muffins	Tacos

Week 2 Week Commencing 15th October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Sausages in Bread and Salad	Fried Rice	Pancakes and Smoothies	Zucchini Slice	Savoury platter, vegetables and dip

Week 3 Week Commencing 22nd October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Rice cakes, yoghurt with fruit salad	Salad Buffet with cold meats	Scrolls and Yoghurt	Nachos	Date and Oat Cookies And Custard

Week 4: Week Commencing 29th October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Salad Sandwiches	Savoury platter, vegetables and dip	Yoghurt and Oat Cake	Savoury Muffins	Baked Potatoes

Afternoon Snack is served with a mixed fruit platter, Weetbix (Low GI Food) and a drink of milk or water

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.



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Week 5: Week Commencing 5th November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Service Closed	Melbourne Cup Public Holiday	Pizza Muffins	Toasted Sandwiches	Anzac Slice

Week 6: Week Commencing 12th November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Zucchini Slice	Sloppy Joes and Salad	Fried Rice	Savoury platter, vegetables and dip	Pancakes and Smoothies

Week 7: Week Commencing 19th November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Nachos	Scrolls and Yoghurt	Date and Oat Cookies And Custard	Salad Buffet with cold meats	Rice cakes, yoghurt with fruit salad

Week 8: Week Commencing 26th November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Savoury platter, vegetables and dip	Salad Rolls	Baked Potatoes	Yoghurt and Oat Cake	Savoury Muffins

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Week 9: Week Commencing 3rd December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Muffins	Tacos	Toasted Sandwiches	Meat Balls and Pasta	Banana Muffins

Week 10: Week Commencing 10th December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Joes	Pancakes and Smoothies	Savoury platter, vegetables and dip	Fried Rice	Zucchini Slice

Week 11: Week Commencing 17th December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Savoury Muffins	Nachos	Baked Potatoes	Scrolls and Yoghurt	Children's Choice

Afternoon Snack is also served with a mixed fruit platter, Weetbix (Low GI Food) and a drink of milk or water

Late snack is served at 5:45pm and usually consists of Carrot sticks, Cheese sticks, Saladas or sultanas

Breakfast is a combination of low GI cereals and toast with a drink of milk or water

Please note that breakfast is only served between 7:00am and 8am

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