

Kilmore Out of School Hours Care

Summer Menu 2019



“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 7 th Jan	Tuesday 8 th Jan	Wednesday 9 th Jan	Thursday 10 th Jan	Friday 11 th Jan
Fruit Platter and Vegetables and dip	Fruit Platter and Greek Yoghurt	Fruit Platter and Biscuits	Fruit platter and Popcorn	Fruit Platter and Biscuits
Tacos with Beef Mince, Lettuce, Carrot, Corn, Cucumber and Cheese	Scrolls with Ham and Cheese or Vegemite and Cheese	Lunch @ the Old Goal Café	Baked Potatoes with Coleslaw, Bacon and Cheese	Mixed Sandwiches with Cheese, Salad, Cold Meat , Tuna or Egg
Chocolate Zucchini Cake	Raisin Bread or Saladas with Spreads	Fruit and Yoghurt	Pikelets with Jam	Nachos with Salsa and Cheese

Week 2

Monday 14 th Jan	Tuesday 15 th Jan	Wednesday 16 th Jan	Thursday 17 th Jan	Friday 18 th Jan
Fruit Platter and Biscuits	Fruit Platter and Popcorn	Fruit Platter and Greek Yoghurt	Fruit platter and Popcorn	Fruit Platter and Biscuits
Noodles served with Chicken and Vegetables	Wraps with Lettuce, Tomato, Cheese and Cold Meat or Tuna	Spaghetti Bolognese and Garlic Bread	Salad Rolls with Lettuce, Tomato, Cheese and Cucumber	Pizza Muffins with Tomato, Ham, Pineapple and Cheese
Kabana and Cheese, vegetables and dip	Rice cakes and Fruit	Crumpets with Spreads	Rice cakes and Fruit	Fruit and Yoghurt

Breakfast is a combination of low GI cereals and toast

Please note that breakfast is only served before 8.30am

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

Afternoon tea is served with a platter of fresh fruit

All recipes for are available to view at each service.

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 or Nutella

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Week 3

Monday 21st Jan	Tuesday 22 nd Jan	Wednesday 23rd Jan	Thursday 24 th Jan	Friday 25 th Jan
Fruit Platter and Popcorn	Fruit Platter and Biscuits	Fruit Platter and Greek Yoghurt	Fruit platter and Popcorn	Fruit Platter and Biscuits
Pizza, Ham and Cheese or Plain Rolls with Cheese or Vegemite	Meat Balls in a Tomato Pasta Sauce Served with Pasta	Mixed Sandwiches with Cheese, Salad, Cold Meat , Tuna or Egg	Wraps with Lettuce, Tomato, Cheese and Cold Meat or Tuna	Fried Rice Dim Sims Spring Rolls
Rice cakes and Fruit	Nachos with Salsa and Cheese	Jam Pinwheels with Custard	Raisin Bread or Saladas with Spreads	Fruit and Yoghurt

Week 4

Monday 28 th Jan	Tuesday 29 th Jan	Wednesday 30 th Jan
Service Closed Australia Day Holiday	Fruit Platter with Vegetables and Dip	Fruit Platter and Biscuits
	BBQ @ the Park Sausages in Bread, Garden Salad and Potato Salad	Party Food
	Anzac Slice with Custard	Kabana and Cheese, vegetables and dip

Breakfast is a combination of low GI cereals and toast

Please note that breakfast is only served before 8.30am

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

Afternoon tea is served with a platter of fresh fruit

All recipes for are available to view at each service.

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