



“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 15th July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Salad Rolls beetroot, lettuce, carrot, cucumber, tomato and cheese	Fried Rice, mixed Vegetables, Egg and Ham	Meat Balls served with Pasta and Tomato Pasta Sauce	Vegetable Fritters	Savoury Platter, Vegetables and Dip

Week 2 Week Commencing 22nd July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Muffins, cheese, tomato, pineapple and ham	Nachos, Tomato salsa and cheese	Rice Cakes, yoghurt with fruit salad	Baked Potatoes, coleslaw, bacon, cheese and sour cream	Butter Chicken served with Basmati Rice

Week 3 Week Commencing 29th July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Wraps, ham, chicken and salads	Chicken and Corn Risotto served with Cheese	Bread rolls with Chicken Noodle Soup	Saladas, served with spreads and cheese	Tacos, beef, lettuce, tomato, cucumber, corn and cheese

Week 4: Week Commencing 5th August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes, with spreads and Fruit Smoothies	Toasted Sandwiches, Ham, chicken, cheese and tomato	Sloppy Joes, bread rolls and Salads	Macaroni and Cheese	Chicken Bites served with Mashed Potato

Week 5: Week Commencing 12th August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Fritters	Salad Rolls beetroot, lettuce, carrot, cucumber, tomato and cheese	Fried Rice, mixed vegetables, egg and ham	Savoury Platter, Vegetables and Dip	Pupil Free Day

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.



Week 6: Week Commencing 19th August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Butter Chicken served with Basmati Rice	Rice Cakes, yoghurt with fruit salad	Baked Potatoes, coleslaw, bacon, cheese and sour cream	Pizza Muffins, cheese, tomato, pineapple and ham	Nachos, Tomato salsa and cheese

Week 7: Week Commencing 26th August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Bread rolls with Chicken Noodle Soup	Tacos, beef, lettuce, tomato, cucumber, corn and cheese	Chicken and Corn Risotto served with Cheese	Saladas, served with spreads and cheese	Wraps, ham, chicken and salads

Week 8: Week Commencing 2nd September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Bites served with Mashed Potato	Pancakes, with spreads and Fruit Smoothies	Macaroni and Cheese	Toasted Sandwiches, Ham, chicken, cheese and tomato	Sloppy Joes, bread rolls and Salads

Week 9: Week Commencing 9th September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Fried Rice, mixed vegetables, egg and ham	Savoury Platter, Vegetables and Dip	Vegetable Fritters	Meat Balls served with Pasta and Tomato Pasta Sauce	Salad Rolls beetroot, lettuce, carrot, cucumber, tomato and cheese

Week 10: Week Commencing 16th September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Rice Cakes, yoghurt with fruit salad	Baked Potatoes, coleslaw, bacon, cheese and sour cream	Nachos, Tomato salsa and cheese	Pizza Muffins, cheese, tomato, pineapple and ham	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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Kilmore Out of School Hours Care

Afternoon Snack Term 3 2019



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