

## Vacation Care Menu Week 1 (17/12/20 – 23/12/20)

| Week 1        | Thursday                                                                                                                                                    | Friday                                                                                                                                                       | Monday                                                                                                                                               | Tuesday                                                                                                                                                       | Wednesday                                                                                                                                                     |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MORNING TEA   | Cheese, dried fruit & rice crackers<br><br><b>+ Fruit &amp; Vegies</b><br> | Cheese, dried fruit & rice crackers<br><br><b>+ Fruit &amp; Vegies</b><br> | BYO<br><br><b>+ Fruit &amp; Vegies</b><br>                        | Cheese, dried fruit & rice crackers<br><br><b>+ Fruit &amp; Vegies</b><br> | Cheese, dried fruit & rice crackers<br><br><b>+ Fruit &amp; Vegies</b><br> |
| LUNCH         | Ham & salads wraps<br><br><b>+ Fruit &amp; Vegies</b><br>                  | Lasagne<br><br><b>+ Fruit &amp; Vegies</b><br>                             | BYO<br><br><b>+ Fruit &amp; Vegies</b><br>                        | Sandwiches<br><br><b>+ Fruit &amp; Vegies</b><br>                          | Beef Tacos<br><br><b>+ Fruit &amp; Vegies</b><br>                          |
| AFTERNOON TEA | Banana Bread<br><br><b>+ Fruit &amp; Vegies</b><br>                       | Potato wedges<br><br><b>+ Fruit &amp; Vegies</b><br>                       | Yoghurt, muesli & berries<br><br><b>+ Fruit &amp; Vegies</b><br> | Pikelets w spreads<br><br><b>+ Fruit &amp; Vegies</b><br>                 | Rice cakes w ham & cheese<br><br><b>+ Fruit &amp; Vegies</b><br>          |
| LATE SNACK    | Arrowroot biscuits/<br>rice crackers                                                                                                                        | Arrowroot biscuits/<br>rice crackers                                                                                                                         | Arrowroot biscuits/<br>rice crackers                                                                                                                 | Arrowroot biscuits/<br>rice crackers                                                                                                                          | Arrowroot biscuits/<br>rice crackers                                                                                                                          |

 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au) \* Australian Guide to Healthy Eating

# Vacation Care Menu Week 2 (11/1/21 - 15/1/21)

 Fruit 
  Proteins 
  Dairy 
  Grains 
  Vegetables & Legumes 
 [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au) \* Australian Guide to Healthy Eating

| Week 1        | Monday                                                                                                                                                      | Tuesday                                                                                                                                              | Wednesday                                                                                                                                                     | Thursday                                                                                                                                              | Friday                                                                                                                                                        |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MORNING TEA   | Cheese, dried fruit & rice crackers<br><br><b>+ Fruit &amp; Vegies</b><br> | BYO<br><br><b>+ Fruit &amp; Vegies</b><br>                         | Cheese, dried fruit & rice crackers<br><br><b>+ Fruit &amp; Vegies</b><br> | BYO<br><br><b>+ Fruit &amp; Vegies</b><br>                         | Cheese, dried fruit & rice crackers<br><br><b>+ Fruit &amp; Vegies</b><br> |
| LUNCH         | Sandwiches<br><br><b>+ Fruit &amp; Vegies</b><br>                          | BYO<br><br><b>+ Fruit &amp; Vegies</b><br>                         | Lasagne<br><br><b>+ Fruit &amp; Vegies</b><br>                             | BYO LUNCH<br><br><b>+ Fruit &amp; Vegies</b><br>                   | Ham & salad wraps<br><br><b>+ Fruit &amp; Vegies</b><br>                   |
| AFTERNOON TEA | Banana Bread<br><br><b>+ Fruit &amp; Vegies</b><br>                      | Rice cakes w ham & cheese<br><br><b>+ Fruit &amp; Vegies</b><br> | Pikelets w spreads<br><br><b>+ Fruit &amp; Vegies</b><br>                | Yoghurt, muesli & berries<br><br><b>+ Fruit &amp; Vegies</b><br> | Potato wedges<br><br><b>+ Fruit &amp; Vegies</b><br>                      |
| LATE SNACK    | Arrowroot biscuits/<br>rice crackers                                                                                                                        | Arrowroot biscuits/<br>rice crackers                                                                                                                 | Arrowroot biscuits/<br>rice crackers                                                                                                                          | Arrowroot biscuits/<br>rice crackers                                                                                                                  | Arrowroot biscuits/<br>rice crackers                                                                                                                          |

## Vacation Care Menu Week 3 (18/1/21 - 22/1/21)

| Week 1        | Monday                                                                                                                                                       | Tuesday                                                                                                                                              | Wednesday                                                                                                                                                      | Thursday                                                                                                                                              | Friday                                                                                                                                                         |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MORNING TEA   | Cheese, dried fruit & rice crackers<br><br><b>+ Fruit &amp; Veggies</b><br> | BYO<br><br><b>+ Fruit &amp; Veggies</b><br>                        | Cheese, dried fruit & rice crackers<br><br><b>+ Fruit &amp; Veggies</b><br> | BYO<br><br><b>+ Fruit &amp; Veggies</b><br>                        | Cheese, dried fruit & rice crackers<br><br><b>+ Fruit &amp; Veggies</b><br> |
| LUNCH         | Sandwiches<br><br><b>+ Fruit &amp; Veggies</b><br>                          | BYO<br><br><b>+ Fruit &amp; Veggies</b><br>                        | Lasagne<br><br><b>+ Fruit &amp; Veggies</b><br>                             | BYO LUNCH<br><br><b>+ Fruit &amp; Veggies</b><br>                  | Ham & salad wraps<br><br><b>+ Fruit &amp; Veggies</b><br>                   |
| AFTERNOON TEA | Banana Bread<br><br><b>+ Fruit &amp; Veggies</b><br>                       | Rice cakes w ham & cheese<br><br><b>+ Fruit &amp; Veggies</b><br> | Pikelets w spreads<br><br><b>+ Fruit &amp; Veggies</b><br>                 | Yoghurt, muesli & berries<br><br><b>+ Fruit &amp; Veggies</b><br> | Potato wedges<br><br><b>+ Fruit &amp; Veggies</b><br>                       |
| LATE SNACK    | Arrowroot biscuits/<br>rice crackers                                                                                                                         | Arrowroot<br>biscuits/ rice<br>crackers                                                                                                              | Arrowroot biscuits/<br>rice crackers                                                                                                                           | Arrowroot biscuits/<br>rice crackers                                                                                                                  | Arrowroot biscuits/<br>rice crackers                                                                                                                           |

## Vacation Care Menu Week 4 (25/1/21 - 28/1/21)

| Week 1        | Monday                                                                                                                                           | Wednesday                                                                                                                                | Thursday                                                                                                                                           |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| MORNING TEA   | Cheese, dried fruit & rice crackers<br><br>+ Fruit & Vegies<br> | BYO<br><br>+ Fruit & Vegies<br>                       | Cheese, dried fruit & rice crackers<br><br>+ Fruit & Vegies<br> |
| LUNCH         | Sandwiches<br><br>+ Fruit & Vegies<br>                          | BYO<br><br>+ Fruit & Vegies<br>                       | Beef Tacos<br><br>+ Fruit & Vegies<br>                          |
| AFTERNOON TEA | Banana Bread<br><br>+ Fruit & Vegies<br>                        | Rice cakes w ham & cheese<br><br>+ Fruit & Vegies<br> | Pikelets w spreads<br><br>+ Fruit & Vegies<br>                  |
| LATE SNACK    | Arrowroot biscuits/ rice crackers                                                                                                                | Arrowroot biscuits/ rice crackers                                                                                                        | Arrowroot biscuits/ rice crackers                                                                                                                  |