




















# Vacation Care Menu Week 1 (17/12/21 – 23/12/21)
















 Fruit
  Proteins
  Dairy
  Grains
  Vegetables & Legumes

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






Week 1	Friday	Monday	Tuesday	Wednesday	Thursday
MORNING TEA	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 
LUNCH	Lasagne & garlic bread  <b>+ Fruit &amp; Vegies</b> 	Hot dogs  <b>+ Fruit &amp; Vegies</b> 	Beef Tacos  <b>+ Fruit &amp; Vegies</b> 	Napolitana penne pasta + cheese  <b>+ Fruit &amp; Vegies</b> 	Assorted Sandwiches  <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA	Rice cakes w/ham & cheese  <b>+ Fruit &amp; Vegies</b> 	Yoghurt, muesli & berries  <b>+ Fruit &amp; Vegies</b> 	Potato Wedges  <b>+ Fruit &amp; Vegies</b> 	Banana Bread  <b>+ Fruit &amp; Vegies</b> 	Pikelets w/spreads  <b>+ Fruit &amp; Vegies</b> 
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers
















# Vacation Care Menu Week 2 (10/1/22 - 14/1/22)

 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  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Croissants with ham  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 
LUNCH	Ham & salad wraps  <b>+ Fruit &amp; Vegies</b> 	Beef Tacos  <b>+ Fruit &amp; Vegies</b> 	Napolitana penne pasta + cheese  <b>+ Fruit &amp; Vegies</b> 	Pizza  <b>+ Fruit &amp; Vegies</b> 	Sausage Sizzle  <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA	Pikelets w/ spreads  <b>+ Fruit &amp; Vegies</b> 	Banana Bread  <b>+ Fruit &amp; Vegies</b> 	Potato wedges  <b>+ Fruit &amp; Vegies</b> 	Baked nachos  <b>+ Fruit &amp; Vegies</b> 	Rice cakes w/ ham & cheese  <b>+ Fruit &amp; Vegies</b> 
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Falafels	Arrowroot biscuits/ rice crackers

# Vacation Care Menu Week 3 (17/1/22 - 21/1/22)



















 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  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Vegies</b> 
LUNCH	Sausage rolls  <b>+ Fruit &amp; Vegies</b> 	Ravioli  <b>+ Fruit &amp; Vegies</b> 	Chicken Wraps  <b>+ Fruit &amp; Vegies</b> 	Lasagne & garlic bread  <b>+ Fruit &amp; Vegies</b> 	Hot Dogs  <b>+ Fruit &amp; Vegies</b> 
AFTERNOON TEA	Banana Bread  <b>+ Fruit &amp; Vegies</b> 	Pikelets w/ spreads  <b>+ Fruit &amp; Vegies</b> 	Spinach & cheese pastry  <b>+ Fruit &amp; Vegies</b> 	Yoghurt, muesli & berries  <b>+ Fruit &amp; Vegies</b> 	Raisin Toast  <b>+ Fruit &amp; Vegies</b> 
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers

# Vacation Care Menu Week 4 & 5 (24/1/22 - 31/1/22)

 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	Monday
MORNING TEA	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Veggies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Veggies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Veggies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Veggies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Veggies</b> 	Cheese, dried fruit & rice crackers  <b>+ Fruit &amp; Veggies</b> 
LUNCH	Assorted Sandwiches  <b>+ Fruit &amp; Veggies</b> 	Spaghetti Bolognese  <b>+ Fruit &amp; Veggies</b> 	Ham salad wraps  <b>+ Fruit &amp; Veggies</b> 	Chicken Taco  <b>+ Fruit &amp; Veggies</b> 	Pizza Scrolls  <b>+ Fruit &amp; Veggies</b> 	Lasagne  <b>+ Fruit &amp; Veggies</b> 
AFTERNOON TEA	Raisin Toast  <b>+ Fruit &amp; Veggies</b> 	Garlic Bread  <b>+ Fruit &amp; Veggies</b> 	Yoghurt, muesli & berries  <b>+ Fruit &amp; Veggies</b> 	Rice cakes w/ ham and cheese  <b>+ Fruit &amp; Veggies</b> 	Custard fruit cups  <b>+ Fruit &amp; Veggies</b> 	Banana Bread  <b>+ Fruit &amp; Veggies</b> 
LATE SNACK	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers	Arrowroot biscuits/ rice crackers