

MOUNTAIN CREEK OSHC MENU



TERM 2 , WEEK 5

DAILY BREAKFAST – UNTIL 8 AM

Toast – Wholemeal, raisin, and gluten-free options served with butter, baked beans, or Vegemite.

Toasties – Cheese; cheese and ham; or cheese and Vegemite.






Cereals – Weet-Bix, cornflakes, Rice Bubbles, or muesli, served with milk (full cream or lactose-free).

Yoghurt – Vanilla yoghurt topped with mixed fruit or berries (lactose-free option available)

AFTERNOON TEA-

Fresh fruit offered daily alongside afternoon tea:

Apples, pears, bananas, oranges, rock melon, watermelon, strawberries, grapes.

Monday	Tuesday	Wednesday	Thursday	Friday
ASC	ASC	ASC	ASC	ASC
 <p>Beef nachos served with cheese, guacamole and fresh tomato salsa</p>	 <p>Assorted fresh wholemeal sandwiches with ham, cheese, Vegemite and avocado fillings</p>	 <p>Mini pizza scrolls and Cheesymite scrolls</p>	 <p>Fresh vegetable platter served with hummus and tzatziki dips</p>	 <p>Sweet fruit with a big scoop of smooth, creamy custard</p>

ANAPHYLAXIS: NUT FREE SERVICE –

This centre adopts procedures with a view to ensuring we are minimising access to nut products for our anaphylactic children. All allergies are catered for.

Please do not pack nut products in lunch boxes

Please provide a healthy lunch. On excursions morning tea will also be required.