













# Mountain Creek OSHC Menu

## 14<sup>th</sup> November to 25<sup>th</sup> November 2022

**ANAPHYLAXIS: NUT FREE SERVICE – all allergies are catered for**

DAILY BREAKFAST until 8 am		AFTERNOON TEA		
<p><b>Toast:</b> Whole meal bread with various spreads: Vegemite, butter (Margarine), Cream cheese spread.</p> <p><b>Cereals:</b> Weetbix, cornflakes, sultana bran, muesli, milk (lactose-free, soy, full cream), fresh water. (Gluten free options are available)</p> <p><b>Yoghurt:</b> Vanilla with Mixed Fruit/Berries on top &amp; Lactose free yoghurt available.</p>		<p>Fresh fruit and vegetables offered daily (based on availability of seasonal produce): apples, pears, bananas, oranges, rock melon, watermelon, pineapple, strawberries, grapes, kiwi fruit, cucumber, carrots, tomatoes, capsicums. (Gluten free and meat free options available).</p> <p style="text-align: center;"><b>Please see our “fruits of the day” board</b></p>		
Monday 14 November 2022 AFTERNOON TEA	Tuesday 15 November 2022 AFTERNOON TEA	Wednesday 16 November 2022 AFTERNOON TEA	Thursday 17 November 2022 AFTERNOON TEA	Friday 18 November 2022 AFTERNOON TEA
<p><b>Corn Chips &amp; Dips</b></p> <p>Corn Chips Cheese &amp; Plain, Carrot, Cucumber &amp; Celery sticks with dips – Hommus and Cheese &amp; Chive</p> 	<p><b>Pizza's</b></p> <p>English muffin pizzas with tomato, garlic and herb sauce Toppings: cheese, ham &amp; pineapple</p> 	<p><b>Salada's</b></p> <p>Nuttlex butter, Salada's, cheese, vegemite &amp; ham and cheese</p> 	<p><b>Bread &amp; Dip</b></p> <p>Lebanese Bread/Rye Wraps with Hommus &amp; Tzatziki Dip</p> 	<p><b>Rice Cakes</b></p> <p>Rice cakes with butter/vegemite, Cheese OR Sour Cream &amp; Chive flavour</p> 
Monday 21 November 2022 AFTERNOON TEA	Tuesday 22 November 2022 AFTERNOON TEA	Wednesday 23 November 2022 AFTERNOON TEA	Thursday 24 November 2022 AFTERNOON TEA	Friday 25 November 2022 AFTERNOON TEA
<p><b>Sandwiches</b></p> <p>Margarine, wholemeal bread, Ham, Cheese, or vegemite Sandwiches</p> 	<p><b>Nachos</b></p> <p>Plain/cheese corn chips, grated cheese, sour cream, avocado dip, salsa</p> 	<p><b>Rice Crackers &amp; Cheese</b></p> <p>Cheese &amp; plain rice crackers with slices of cheese</p> 	<p><b>Veggie/Bread Sticks &amp; Dip</b></p> <p>Carrot, Celery &amp; Cucumber Sticks with Dip – Avocado, Hommus &amp; Cheese &amp; Chive Dip</p> 	<p><b>Popcorn</b></p> <p>Sea salt gluten free popcorn served with fruit</p> 

Family Feedback is always wanted – What did you like on the menu? What could we change?



# Mountain Creek OSHC Menu

## 17<sup>th</sup> October to 28<sup>th</sup> October 2022

**ANAPHYLAXIS: NUT FREE SERVICE – all allergies are catered for**

<p style="text-align: center;"><b>DAILY BREAKFAST until 8 am</b></p> <p><b>Toast:</b> (whole meal) with various spreads: Vegemite, butter (Nuttelex original), full fat cheese slices.</p> <p><b>Cereals:</b> Weetbix, cornflakes, sultana bran, muesli, milk (lactose-free, soy, full cream), fresh water. (Gluten free options are available)</p> <p><b>Yoghurt:</b> Vanilla with Mixed Fruit/Berries on top &amp; Lactose free yoghurt available.</p>	<p style="text-align: center;"><b>AFTERNOON TEA</b></p> <p>Fresh fruit and vegetables offered daily (based on availability of seasonal produce): apples, pears, bananas, oranges, rock melon, watermelon, pineapple, strawberries, grapes, kiwi fruit, cucumber, carrots, tomatoes, capsicums. (Gluten free and meat free options available).</p> <p style="text-align: center;"><b>Please see our “fruits of the day” board</b></p>
--	--

<b>Monday</b> <b>17 October 2022</b> <small>AFTERNOON TEA</small>	<b>Tuesday</b> <b>18 October 2022</b> <small>AFTERNOON TEA</small>	<b>Wednesday</b> <b>19 October 2022</b> <small>AFTERNOON TEA</small>	<b>Thursday</b> <b>20 October 2022</b> <small>AFTERNOON TEA</small>	<b>Friday</b> <b>21 October 2022</b> <small>AFTERNOON TEA</small>
<p><b>Corn Chips &amp; Dips</b></p> <p>Corn Chips Cheese &amp; Plain, Carrot, Cucumber &amp; Celery sticks with dips – Hommus and Cheese &amp; Chive</p> 	<p><b>Wraps</b></p> <p>Multigrain wraps/gluten free wraps, ham, lettuce, tomato, cheese</p> 	<p><b>Salada's</b></p> <p>Nuttelex butter, Salada's, cheese, vegemite &amp; ham and cheese</p> 	<p><b>Bread &amp; Dip</b></p> <p>Lebanese Bread/Rye Wraps with Hommus &amp; Tzatziki Dip</p> 	<p><b>Rice Cakes</b></p> <p>Rice cakes with butter/vegemite, Cheese OR Sour Cream &amp; Chive flavour</p> 
<b>Monday</b> <b>24 October 2022</b> <small>AFTERNOON TEA</small>	<b>Tuesday</b> <b>25 October 2022</b> <small>AFTERNOON TEA</small>	<b>Wednesday</b> <b>26 October 2022</b> <small>AFTERNOON TEA</small>	<b>Thursday</b> <b>27 October 2022</b> <small>AFTERNOON TEA</small>	<b>Friday</b> <b>28 October 2022</b> <small>AFTERNOON TEA</small>
<p><b>Sandwiches</b></p> <p>Margarine, wholemeal bread, Ham, Cheese, or vegemite Sandwiches</p> 	<p><b>Nachos</b></p> <p>Plain/cheese corn chips, grated cheese, sour cream, avocado dip, salsa</p> 	<p><b>Rice Crackers &amp; Cheese</b></p> <p>Cheese &amp; plain rice crackers with slices of cheese</p> 	<p><b>Wraps</b></p> <p>Multigrain wraps/gluten free wraps, ham, lettuce, tomato, cheese</p> 	<p><b>Veggie/Bread Sticks &amp; Dip</b></p> <p>Carrot, Celery &amp; Cucumber Sticks with Dip – Avocado, Hommus &amp; Cheese &amp; Chive Dip</p> 

Family Feedback is always wanted – What did you like on the menu? What could we change?