

## 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 BREA	AKFAST until 8 am	AFTERNOON TEA				
<b>Toast:</b> Whole meal bread with various spreads: Vegemite, butter			Fresh fruit and vegetables offered daily (based on availability of seasonal			
(Margarine), Cream cheese spread	produce): apples, pears, bananas, oranges, rock melon, watermelon,					
<b>Cereals:</b> Weetbix, cornflakes, sult	pineapple, strawberries, grapes, kiwi fruit, cucumber, carrots, tomatoes,					
cream), fresh water. (Gluten free	capsicums. (Gluten free and meat free options available).					
<b>Yoghurt:</b> Vanilla with Mixed Fruit/Berries on top & Lactose free yoghurt available.			Please see our "fruits of the day" board			
Monday	Tuesday		esday	Thursday	Friday	
14 November 2022 AFTERNOON TEA	15 November 2022 AFTERNOON TEA	16 Noven	-	17 November 2022 AFTERNOON TEA	18 November 2022 AFTERNOON TEA	
Corn Chips & Dips	Pizza's	Salada's		Bread & Dip	Rice Cakes	
Corn Chips Cheese & Plain, Carrot, Cucumber & Celery sticks with dips – Hommus and Cheese & Chive	English muffin pizzas with tomato, garlic and herb sauce Toppings: cheese, ham & pineapple	Nuttlex butter, Salada's, cheese, vegemite & ham and cheese		Lebanese Bread/Rye Wraps with Hommus & Tzatziki Dip	Rice cakes with butter/vegemite, Cheese OR Sour Cream& Chive flavour	
2-00						
Monday 21 November 2022 AFTERNOON TEA	Tuesday 22 November 2022 AFTERNOON TEA	23 Noven	esday 1ber 2022 DON TEA	Thursday 24 November 2022 AFTERNOON TEA	Friday 25 November 2022 AFTERNOON TEA	
Sandwiches	Nachos	Rice Cracke	rs & Cheese	Veggie/Bread Sticks & Dip	Popcorn	
Margarine, wholemeal bread,	Plain/cheese corn chips, grated	Cheese & plair	n rice crackers	Carrot, Celery & Cucumber Sticks	Sea salt gluten free popcorn	
Ham, Cheese, or vegemite	cheese, sour cream, avocado	with slices	of cheese	with Dip – Avocado, Hommus &	served with fruit	
Sandwiches	dip, salsa			Cheese & Chive Dip		

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**

			s are calcred for	
AKFAST until 8 am			AFTERNOON T	
spreads: Vegemite, butter (Nutt	elex	Fresh fruit and vegetables offered daily (base		
	produce): app		les, pears, bananas, oranges, r	
Cereals: Weetbix, cornflakes, sultana bran, muesli, milk (lactose-fi			awberries, grapes, kiwi fruit, ci	
cream), fresh water. (Gluten free options are available)			luten free and meat free optio	
rries on top & Lactose free yoghurt a	vailable.		Please see our "fruits of th	
Tuesday	Wednesday		Thursday	
18 October 2022 AFTERNOON TEA	19 October 2022 AFTERNOON TEA		20 October 2022 AFTERNOON TEA	
Wraps	Salada's		Bread & Dip	
Multigrain wraps/gluten free	ree Nuttlex butter, Salada's, cheese,		Lebanese Bread/Rye Wraps with	
wraps, ham, lettuce, tomato,	vegemite & ham and cheese		Hommus & Tzatziki Dip	
cheese				
Tuesday	Wednesday		Thursday	
			27 October 2022	
AFTERNOON TEA	AFTERNO	JON TEA	AFTERNOON TEA	
Sandwiches Nachos		rs & Cheese	Wraps	
Plain/cheese corn chips, grated	Cheese & plain rice crackers		Multigrain wraps/gluten free	
cheese, sour cream, avocado	with slices	of cheese	wraps, ham, lettuce, tomato,	
dip, salsa			cheese	
	AKFAST until 8 am spreads: Vegemite, butter (Nutt ana bran, muesli, milk (lactose-fo options are available) rries on top & Lactose free yoghurt a Tuesday 18 October 2022 AFTERNOON TEA Wraps Multigrain wraps/gluten free wraps, ham, lettuce, tomato, cheese Uitigian veges State of the second seco	AKFAST until 8 am   spreads: Vegemite, butter (Nuttelex   ana bran, muesli, milk (lactose-free, soy, full   options are available)   rries on top & Lactose free yoghurt available.   Tuesday Wedn   18 October 2022 19 October   AFTERNOON TEA Salada   Multigrain wraps/gluten free Nuttlex butter, S   wraps, ham, lettuce, tomato, cheese Salada   Tuesday Wedn   Solution Kuttlex butter, S   Multigrain wraps/gluten free Nuttlex butter, S   wraps, ham, lettuce, tomato, cheese Wedn   Solution Xuttlex butter, S   Vegemite & ha Salada   Nachos Rice Cracket   Plain/cheese corn chips, grated Cheese & plain   Plain/cheese corn chips, grated with slices	AKFAST until 8 am Fresh fruit and produce): app pineapple, structures on top & Lactose free yoghurt available. Fresh fruit and produce): app pineapple, structures on top & Lactose free yoghurt available.   Tuesday Wednesday 18 October 2022   AFTERNOON TEA Wraps Salada's   Multigrain wraps/gluten free wraps, ham, lettuce, tomato, cheese Nuttlex butter, Salada's, cheese, vegemite & ham and cheese   Tuesday Wednesday 25 October 2022   AFTERNOON TEA Wednesday   Nachos Rice Crackers & Cheese   Plain/cheese corn chips, grated cheese, sour cream, avocado Cheese	

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



### TEA

ased on availability of seasonal , rock melon, watermelon, cucumber, carrots, tomatoes, ions available). **the day" board** 

