



Mountain Creek Vacation Care Menu

30th June to 11th July 2025



ANAPHYLAXIS: NUT FREE SERVICE – all allergies are catered for

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

DAILY BREAKFAST until 8 am	AFTERNOON TEA
Toast: (whole meal) with Vegemite, butter (margarine spread), full fat cheese slices. Toasties – Spaghetti, Bake Beans, Cheese or Ham and Cheese toasties. Cereals: Weetbix, cornflakes, rice bubbles, muesli, milk (lactose-free, soy, full cream), fresh water. (Gluten free options are available) Yoghurt: Vanilla with Mixed Fruit/Berries on top & Lactose free yoghurt available.	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). Please see our “fruits of the day” board
Family Feedback is always wanted – What did you like on the menu? What could we change?	

Monday 30 th June 2025 AFTERNOON TEA	Tuesday 1 st July 2025 AFTERNOON TEA	Wednesday 2 nd July 2025 AFTERNOON TEA	Thursday 3 rd July 2025 AFTERNOON TEA	Friday 4 th July 2025 AFTERNOON TEA
Pizzas Cheese, Pizza Sauce and Ham on English Muffins 	Salada's Butter spread, Salada's, cheese, vegemite & ham and cheese. 	Salad Wraps Wraps with lettuce, tomato, cheese and ham 	Corn Chips & Dip Corn Chips Cheese & Plain, Carrot, Cucumber & Celery sticks with dips – Hommus and Cheese & Chive. 	Sandwiches Margarine, Wholemeal bread, shaved Ham/roast chicken, Cheese, Tomato, Lettuce, or vegemite Sandwiches. 
Monday 7 th July 2025 AFTERNOON TEA	Tuesday 8 th July 2025 AFTERNOON TEA	Wednesday 9 th July 2025 AFTERNOON TEA	Thursday 10 th July 2025 AFTERNOON TEA	Friday 11 th July 2025
Cruskits Original cruskits with margarine, cheese, tomato, ham or vegemite. 	Nachos Corn chips, cheese, sour cream and salsa 	Rice Crackers & Cheese Cheese & plain rice crackers with slices of cheese & Corn Relish & Hommus Dip. 	Veggie/Bread Sticks & Dip Carrot, Celery & Cucumber Sticks with Dip – Avocado, Hommus & Cheese & Chive Dip. 	Vegemite & Cheese Scrolls Vegemite and cheese wrapped in golden pastry 