



N.O.O.S.H

NORMANHURST OSHC WEEKLY MENU Term 2 Week 1 (Autumn Menu)

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|---|---|---|---|---|
| Food | Children may select from the following options: Toast/Bread, choice of cereals: Weetbix, porridge, muesli (untoasted/natural), high fibre cereal flakes, congee. Serve with reduced fat milk AND Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes) | | | | |
| BREAKFAST | Cereals  | Cheesy melts  | Wholemeal toast with a variety of spreads  | English muffins  | Cereals  |
| Drink | Reduced fat plain milk and water. | | | | |
| Food | Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes) | | | | |
| AFTERNOON TEA | Vegetable platter with salami / cabanossi and cheese  V = No Salami/cabanossi DF = No cheese | Spaghetti Bolognese  V= No meat GF = gluten-free pasta | Minestrone Soup / Chicken & Corn Soup & Garlic bread  | Chicken Noodle salad  V= No chicken | Toasted Wholegrain sandwiches with ham/cheese/tomato  V= No Ham DF = No cheese |
| Drink | Water | Low fat Milk / Soy Water | Water | Low Fat Milk / cool cacao drink | Water |
| Food | Popcorn & sultanas | Cheese slices and carrot sticks | Mini blueberry muffins | Piklets and dried apricot | Rice crackers and hummus |
| LATE | | | | | |

Note: water is also freely available throughout the morning and afternoon sessions.

Dietary Codes: GF = Gluten-Free DF = Dairy-Free H= Halal V= Vegetarian