










Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Breakfast	<p><u>Cereals &amp; Toast</u> Assorted cereals Wholemeal toast</p> <p>DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread</p>	<p><u>Bacon &amp; scrambled Eggs on Toast</u> As suggested by the children!</p> <p>GF = Gluten-free bread</p>	<p><u>Cereals &amp; Toast</u> Assorted cereals Wholemeal toast</p> <p>DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread</p>	<p><u>Porridge/cereals</u> Porridge/Oats &amp; variety of cereals Milk</p>	<p><u>Cheese, Ham and Tomato toasties</u> With assorted cereals and fruit</p> <p>DF, LF = No cheese GF = gluten free bread V/H = No Ham</p>	
Afternoon Tea	<p><u>Ham &amp; Cheese Toasted sandwiches</u></p>  <p>1 large pack sliced ham 2 loaves bread 1 pack sliced cheese</p> <p>GF - Gluten-free bread DF = Dairy-free cheese</p>	<p><u>Pancakes &amp; Fresh Fruit</u></p>  <p>4 pancake mixes Fresh fruit 3 Tinned peaches Spreads such as Nuttalex</p> <p>GF= Gluten free pancake mix</p>	<p><u>Flavoured Rice Cakes &amp; Dried Fruits</u></p>  <p>Assorted Rice cakes (5 packs) Sultanas (500gm) Dried apples (500gm) Dried apricots (500gm)</p>	<p><u>Spinach &amp; Ricotta Pastries</u></p>  <p>3 x packs of pastries (20pack)</p> <p>GF = Gluten-Free pastry</p>	<p><u>Trail Mix</u></p>  <p>1 x 10pack popcorn 2 x bags pretzels 1 x pack sultanas 1 x pack dried apricots 2 x packs banana chips</p>	
Late Snack	<p>Grainwaves / crisps and apple wedges</p>	<p>Dried Fruits &amp; Corn chips</p>	<p>Vegetable sticks &amp; dip</p>	<p>Muesli Bars &amp; Fruit pieces</p>	<p>Blueberry Muffins</p>	
Codes	GF = Gluten-Free	DF = Dairy Free	LF = Lactose-Free	H = Halal	V = Vegetarian	NRM = No Red Meat
			NP = No Pork			

# NOOSH Weekly Menu

# Spring Vacation Care Term 3 Week 2

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<u>PUBLIC HOLIDAY</u>	<u>Wholemeal Toast w/assorted spreads</u> Wholemeal bread Butter, jam, vegemite, honey  GF = Gluten-free bread	<u>Muesli, Fresh fruits &amp; yoghurt</u> Muesli Fresh fruit Greek yoghurt  DF, LF = Coconut yoghurt cheese	<u>Fruit Toast</u> Fruit toast or Hot cross buns  GF = Gluten-free fruit bread	<u>Cereals &amp; Toast w/assorted spreads</u> Cereals- e.g: Weetbix, cornflakes Wholemeal bread Butter, jam, vegemite, honey
Afternoon Tea	<u>PUBLIC HOLIDAY</u>	<u>Cheesy Spaghetti</u>  4 x packs of spaghetti pasta 4 x jars of spaghetti sauce 1 jar of napolitana sauce 2x Cheese  GF = Gluten-Free pasta V = Napolitana sauce only	<u>Crackers, Cheese &amp; Deli Meats platter</u>  4 x packs water crackers 2 x pack dried bean crisps 1 x pack of ham/salami 1 x packs sliced cheese 3 x punnets cherry tomatoes/ baby qukes  GF = Gluten-free crackers DF = Dairy-free cheese	<u>Mini Pizzas</u>  3 x packs English Muffins 2 x pizza sauce 2 x shredded mozzarella cheese 1 x can pineapple pieces 1 x pack shredded ham  GF = Gluten-free muffins/bread DF = Dairy-free cheese	<u>Berry / Mango Smoothies</u>  2 x packs of frozen mango chunks 2 x pack of frozen berries 1 x 3L milk  DF = lactose-free milk / coconut water/coconut water
Late Snack		Blueberry muffins	Pikelets with spreads	Celery sticks, crackers & Hommus dip	Popcorn & sultanas
Codes	GF = Gluten-Free    DF = Dairy Free    LF = Lactose-Free    H = Halal    V = Vegetarian    NRM = No Red Meat NP = No Pork				

