

Vacation Care Menu 2018

Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal (Rice bubbles, Corn flakes or Weetbix)	Cereal (Rice bubbles, Corn flakes or Weetbix)	Cereal (Rice bubbles, Corn flakes or Weetbix)	Cereal (Rice bubbles, Corn flakes or Weetbix)	Cereal (Rice bubbles, Corn flakes or Weetbix)
Wholemeal or Raisin toast with honey, jam, butter and vegemite	Wholemeal or Raisin toast with honey, jam, butter and vegemite	Wholemeal or Raisin toast with honey, jam, butter and vegemite	Wholemeal or Raisin toast with honey, jam, butter and vegemite	Wholemeal or Raisin toast with honey, jam, butter and vegemite
Water or lite Milk	Water or lite Milk	Water or lite Milk	Water or lite Milk	Water or lite Milk
Morning Tea				
Fresh Fruit with Yoghurt	Fresh Fruit with arrowroot biscuits	Fresh Fruit with Cheese cubes	Fresh Fruit with Rice crackers	Fresh Fruit with yoghurt
Water	Water	Water	Water	Water
Afternoon Tea				
Raisin Toast with butter	Rice cakes with Vegemite or cheese	Banana muffins	Baked beans	Carrot, cucumber, celery sticks with cheese cubes and hummus dip
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Water	Water	Water	Water	Water