

Whoosh Care Term 2 2024 Menu

Each afternoon a Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes) is offered along with a snack. We serve water throughout the session.



Children may choose not to eat or may request an alternative such as a sandwich.
After 5pm only fruit and vegetables are available.

| Afternoon tea | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Week 1 29 th April | Staff Development Day | French stick bread with dip, lite cheese cubes, carrots and cucumbers | Vanilla or Strawberry Yoghurt with Granola | Pretzels with lite cheese cubes, carrots and sultanas | Cruskits with spreads |
| Week 2 6 th May | Nachos with lite cheese, lettuce, avocado and mild salsa <i>(Cinco de Mayo)</i> | Whole Grain sandwiches with lite cheese, vegemite and jam | Pizzas with ham lite cheese and pineapple | Apple pie with custard | Saos with vegemite and lite cheese |
| Week 3 13 th May | Fish Fingers | Party pies | Pasta with Napoletana sauce and lite cheese | Wholemeal wraps with ham, lite cheese, tomato or vegemite | Chicken noodles |
| Week 4 20 th May | Cruskits with Honey and Jam <i>(World Bee Day)</i> | Pretzels with lite cheese cubes, carrots and sultanas | Banana Bread | Vanilla or Strawberry yoghurt with Granola | Spinach and lite cheese rolls |
| Week 5 27 th May | Whole Grain sandwiches with lite cheese, vegemite and jam | Chicken fingers | Pizzas with ham, lite cheese and pineapple | Apple pie with custard | Saos with spreads |
| Week 6 3 rd June | Spinach and lite cheese rolls | Vanilla or Strawberry Yoghurt with Granola | Nachos with lite cheese, lettuce, avocado and mild salsa | French stick bread with dip, lite cheese cubes, carrots and cucumbers | Chicken noodles |
| Week 7 10 th June | Public Holiday | Pasta with napoletana sauce and lite cheese | Whole Grain sandwiches with lite cheese, vegemite and jam | Fish Fingers | Apple pie with custard |
| Week 8 17 th June | Vegemite Scrolls <i>(National Vegemite Day)</i> | Fish Fingers | Chicken noodles | Pizzas with ham, lite cheese and pineapple | Banana Bread |
| Week 9 24 th June | Apple pie with custard | Tacos with beans, lite cheese, lettuce, avocado and mild salsa | Vanilla or Strawberry Yoghurt with Granola | Party pies | Whole Grain sandwiches with lite cheese, vegemite and jam |
| Week 10 1 st July | Wholemeal wraps with ham, lite cheese, tomato or vegemite | Pretzels with lite cheese cubes, carrots and sultanas | Pizzas with ham, lite cheese and pineapple | Fish Fingers | Cruskits with spreads |

Whoosh Care is an allergy aware service