

## 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
<b>Week 1</b> 29 <sup>th</sup> April	Staff Development Day	Rice cakes with Jam - suggested by Skylar	Cereal with milk - suggested by Evelyn	Custard with fruits - suggested by Noah	Wholemeal saladas with ham, lite cheese and tomato
<b>Week 2</b> 6 <sup>th</sup> May	Wholemeal chicken noodles - suggested by Charlotte	Garlic bread - suggested by AJ	Yoghurt with toasted muesli and seasonal fruits	Wholemeal cheese quesadillas	Tacos with beans, tomato, salsa, lite cheese and lettuce - suggested by Alex.B
<b>Week 3</b> 13 <sup>th</sup> May	Multi grain Rice cakes with Jam - suggested by Skylar	Wholemeal English muffin pizzas with ham, lite cheese and pineapple - suggested by Isla	Pretzels with lite cheese cubes, dried fruits and vegetable sticks	Pasta with Napolitana sauce and lite cheese - suggested by Xani	Mixed berry or banana and mango smoothies - suggested by AJ
<b>Week 4</b> 20 <sup>th</sup> May	Chicken noodle soup with short pasta - suggested by Lamar	Toasted banana bread with Nutelex	Veggie platter with wholemeal lebanese bread, lite cheese and dips - suggested by Oliver.R	Saos with spreads	Spinach and cheese triangles - suggested by Andrea
<b>Week 5</b> 27 <sup>th</sup> May	Wholemeal saladas with ham, lite cheese and tomato	Pasta with Napolitana sauce and lite cheese - suggested by Xani	Multi grain Rice cakes with Jam - suggested by Skylar	Garlic bread - suggested by AJ	Mini wholemeal pancakes with berries - suggested by Zoe.P
<b>Week 6</b> 3 <sup>rd</sup> June	Sausage rolls with tomato or barbeque sauce - suggested by Hannah	Wholemeal english muffin pizzas with ham, lite cheese and pineapple - suggested by Isla	Whole grain Cereal with milk - suggested by Evelyn	Popcorn with seasonal fruits	Hot chocolate with seasonal fruit skewers - suggested by Chloe
<b>Week 7</b> 10 <sup>th</sup> June	Public Holiday	Wholemeal cheese quesadillas	Saos with spreads	Veggie platter with wholemeal lebanese bread, lite cheese and dips - suggested by Oliver.R	Cheesymite scrolls with lite cheese and puff pastry
<b>Week 8</b> 17 <sup>th</sup> June	Pretzels with lite cheese cubes, dried fruits and vegetable sticks	Fish fingers with corn - suggested by Xavier	Yoghurt with toasted muesli and seasonal fruits	Chicken noodle soup with short pasta - suggested by Lamar	Tacos with beans, tomato, salsa, lite cheese and lettuce - suggested by Alex.B
<b>Week 9</b> 24 <sup>th</sup> June	Wholemeal saladas with ham, lite cheese and tomato	Garlic bread - suggested by AJ	Custard with fruits - suggested by Noah	Wholemeal chicken noodles - suggested by Charlotte	Fruit skewers - suggested by Ava
<b>Week 10</b> 1 <sup>st</sup> July	Multi grain Rice cakes with Jam - suggested by Skylar	Veggie platter with wholemeal lebanese bread, lite cheese and dips - suggested by Oliver.R	Toasted banana bread with Nutelex	Hot chocolate with seasonal fruit skewers - suggested by Chloe	Mixed berry or banana and mango smoothies - suggested by AJ

*Whoosh Care is an allergy aware service*