

## 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> <b>29<sup>th</sup> April</b>	Staff Development Day	Multigrain Rice cakes and spreads	Fruit faces with berries Pretzels and lite block cheese.	Vanilla or berry frozen yogurt ice blocks Assorted muffins. <b>HUDSON</b>	Sultanas, carrot, cucumber sticks cherry tomatoes, lite block cheese
<b>Week 6<sup>th</sup> May</b>	Garlic Bread	Pikelets with Jam and Nuttelex.  <b>HEXUM</b>	Saos with jam, vegemite, and lite cheese slices	Popcorn cups with fruit skewers	Sultanas, carrot, cucumber sticks, tomatoes, lite block cheese
<b>Week 3</b> <b>13<sup>th</sup> May</b>	Saos with jam, cream cheese, vegemite and lite cheese	Sultanas, cheese, cucumber and carrots sticks with wholemeal crackers and dip	Multigrain Rice cakes and spreads	Custard with tinned peaches and pears	Wholemeal fairy bread.  <b>CRUZE</b>
<b>Week 4</b> <b>20<sup>th</sup> May</b>	Lite grated cheese wholegrain wraps toasted.	Chicken Noodles and mixed vegetables cups.  <b>SCARLETT</b>	Sultanas, cheese, cucumber and carrots sticks with wholemeal crackers and dip	Multigrain ricecakes with vegemite, lite cheese slices and Nuttelex.	Pikelets with Jam and Nuttelex
<b>Week 5</b> <b>27<sup>th</sup> May</b>	Milk arrowroot biscuits with Nuttelex	Pikelets with Jam and Nuttelex	Chicken Noodles and mixed vegetables cups	Garlic Bread  <b>MOLLY</b>	Vanilla and berry frozen yoghurt ice blocks
<b>Week 6</b> <b>3<sup>rd</sup> June</b>	Multigrain Rice cakes and spreads	Popcorn cups with fruit skewers.  <b>GRACE</b>	Sultanas, cheese, cucumber and carrot sticks with wholemeal crackers and dip	Assorted muffins	Wholemeal crackers with lite block cheese and vegetable sticks
<b>Week 7</b> <b>10<sup>th</sup> June</b>	Public Holiday	Multigrain ricecakes with vegemite, lite cheese slices and Nuttelex.	Lite grated cheese with wholemeal wraps toasted.	Chicken Noodles and mixed vegetables cups	Garlic Bread.
<b>Week 8</b> <b>17<sup>th</sup> June</b>	Vegetable sticks with wholemeal crackers and block cheese.	Multigrain Rice cakes and spreads	Healthy Nachos with corn chips, avocado, diced tomato, beans and lite cheese.  <b>IVY</b>	Chicken Noodles and mixed vegetables cups.	Sultanas, cheese, cucumber and carrots sticks with wholemeal Crackers and dip
<b>Week 9</b> <b>24<sup>th</sup> June</b>	Multigrain Rice cakes and spreads  <b>SIENNA</b>	Chicken Noodles and mixed vegetables cups	Pikelets with Jam and Nuttelex	Vanilla and berry Frozen yoghurt ice blocks	Sao's with jam, cream cheese, vegemite and lite cheese
<b>Week 10</b> <b>1<sup>st</sup> July</b>	Milk arrowroot biscuits with Nuttelex  <b>LOGAN</b>	Sultanas, cheese, cucumber and carrots sticks with wholemeal crackers and dip	Popcorn cups with fruit skewers	Multigrain Rice cakes and spreads	Leftover pantry/cupboard day

*Whoosh Care is an allergy aware service*