

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
Week 1 29 th April	Staff Development Day	Multigrain Rice cakes and spreads	Wholemeal raisin bread	Vanilla or strawberry yogurt	Potato wedges and veggie sticks
Week 2 6 th May	Crispbread with spread and veggie sticks	Wholegrain cereals with lite milk	Pikelets with Jam and Nuttelex	Rice cups with veggies and soy sauce	Spinach and cheese triangles
Week 3 13 th May	Oven baked fish fingers	Rice crackers and veggie sticks	Tacos with beans and avocado	Saos with lite cheese or vegemite	Chicken Noodles and mixed vegetables cups
Week 4 20 th May	Pumpkin soup and corn	Potato wedges and veggie sticks	Vanilla or strawberry yogurt	Cruskits with lite cheese	Blueberries muffins
Week 5 27 th May	Potato gems	Stir fry veggies and noodles	Multigrain Rice cakes and spreads	Wholegrain cereals with lite milk	Popcorn and veggie sticks
Week 6 3 rd June	Saos with lite cheese or vegemite	Wholemeal raisin bread	Veggie Pita	Oven baked veggies sticks	Frozen yoghurt
Week 7 10 th June	Public Holiday	Sandwiches with lite cheese and tomato	Rice cups with veggies and soy sauce	Multigrain Rice cakes and spreads	English muffins pizzas
Week 8 17 th June	Rice crackers and veggie sticks	Nachos with baked beans and cheese	Wholegrain cereals with lite milk	Sandwiches with lite cheese and tomato	Garlic bread
Week 9 24 th June	Rice cups with veggies and soy sauce	Multigrain Rice cakes and spreads	Sausage rolls and vegetables rolls	Potato Gems	Rice crackers and veggie sticks
Week 10 1 st July	Pop corn and veggie sticks with hummus	Chicken fingers and vegetarian nuggets	Chicken noodle cups with vegetables	Frozen yoghurt	Apple pie

Whoosh Care is an allergy aware service