

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	Rice cups with soy sauce, carrots, cucumber and avocado	Wholemeal cheese toasties	Garlic bread	Custard with fruit salad
Week 2 6 th May	Pretzels with lite cheese cubes	Vanilla or Strawberry Yoghurt with mixed berries	Vegetarian spring rolls	Vegetarian Spaghetti Bolognese -Requested by Sara	Saos with spreads: jam, vegemite, lite cheese spread
Week 3 13 th May	Pumpkin soup served with dipping bread -Requested by Aliza	Shredded Cheese and Pineapple pizzas -Requested by Tobias	Crackers with hummus, French onion and tzatziki dip	Popcorn cups	Apple pie -Requested by Nila
Week 4 20 th May	Multigrain rice crackers with spreads jam, vegemite, lite cheese spread	Nachos with veggies and lite cheese	Pretzels and cheese cubes	Deconstructed sushi with avocado, cucumber and carrots -Requested by Grace	Cruskits with variety of spreads: jam, vegemite, cheese spread
Week 5 27 th May	Vegetarian rice noodles -Requested by Amara	Potato gems	Butter chicken sauce with rice and vegetables	Saos with spreads jam, vegemite, lite cheese spread	Stir fried rice with mixed vegetables
Week 6 3 rd June	Mi goreng noodles	Tuna and vegetable pasta bake	Deconstructed tacos with shredded lite cheese, lettuce, corn, and avocado (salsa optional)	Vegetarian spring rolls	Wholemeal wrap lite cheese toasties
Week 7 10 th June	Public Holiday	Pasta with napolitana sauce, cheese and veggies	Veggie and Lite Cheese sandwiches -Requested by Isaac	Vegetarian fried rice	Garlic bread
Week 8 17 th June	Puff pastry with assorted fillings. -Requested by Aarya	Deconstructed sushi with avocado, cucumber and carrots -Requested by Grace	Nachos with veggies and cheese	Mac and Cheese	Fairy bread on wholemeal bread
Week 9 24 th June	Stir fry noodles with veggies	Grilled Wholemeal bread Lite cheese toasties. -Requested by Hayatt	Multigrain rice crackers with spreads jam, vegemite, lite cheese spread	Turkish bread cheesy pull apart	Vegetarian rice noodles -Requested by Amara
Week 10 1 st July	Shredded Cheese and Pineapple pizzas -Requested by Tobias	Potato gems	Crackers with hummus, French onion and tzatziki dip	Garlic bread	Pancakes with maple syrup -Requested by Yara

Whoosh Care is an allergy aware service