

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 29th April	Staff Development Day	Oven baked vegetarian Spring Rolls	Vanilla or Strawberry Yogurt with Muesli	Apple and Cream Cheese Donuts topped with Berries	Frozen Yogurt
Week 2 6th May	Saos topped with Tomato, Lite Cheese and Cucumber	Croissants with Lite Jam	Wholegrain Sandwiches with Cheese, Tuna, Lettuce, Ham or Tomato	Sultanas, Dried Apricots, Lite Cheese, Cucumber and Carrots Sticks with Wholemeal Crackers	Banana Bread with Nuttelex
Week 3 13th May	Chicken Noodles and Mixed Vegetables Cups	Multigrain Rice cakes and Spreads	Warm Pumpkin Soup with Wholemeal Toast	Scrambled Eggs on Wholemeal Toast	Popcorn Cups with Quelch Ice Blocks
Week 4 20th May	Pretzels, Cheese Cubes and Veggie Sticks	Wholemeal Wraps with Hummus, Grated Carrot, Cucumber and Tomatoes	Warm Rice or Sweet Corn Cups with Light Soy Sauce	Cheesy and Ham Turkish Pizza Subs	Banana and Blueberry Muffins
Week 5 27th May	Potato Gems	Popcorn Cups with Quelch Ice Blocks	Wholemeal Raisin Bread with Nuttelex	Sultanas, Dried Apricots, Lite Cheese, Cucumber and Carrots Sticks with Wholemeal Crackers	Vanilla or Strawberry Yogurt with Muesli
Week 6 3rd June	Lite Banana and Berry Smoothies	Saos topped with Tomato, Lite Cheese and Cucumber	Wholegrain Cereal with Lite Milk	Wholemeal Ham and Cheese Toasties	Scones with Lite Strawberry Jam
Week 7 10th June	Public Holiday	Warm Chicken and Corn Soup with Wholemeal Toast	Wholemeal Wraps with Hummus, Grated Carrot, Cucumber and Tomatoes	Vanilla or Strawberry Yogurt with Muesli	Chickpea Chips with Salsa
Week 8 17th June	Meat Balls with Fresh Tomato Sauce	Wholegrain Sandwiches with Cheese, Tuna, Lettuce, Ham or Tomato	Custard with tinned Peaches and Pears	Multigrain Rice cakes and Spreads	Wholemeal Ham and Cheese Toasties
Week 9 24th June	Oven baked vegetarian Spring Rolls	Cheesy and Ham Turkish Pizza Subs	Chickpea Chips with Salsa	Chicken Noodles and Mixed Vegetables Cups	Lite Banana and Berry Smoothies
Week 10 1st July	Warm Rice or Sweet Corn Cups with Light Soy Sauce	Croissants with Lite Jam	Wholemeal Raisin Bread with Nuttelex	Wholegrain Cereal with Lite Milk	Pretzels, Cheese Cubes and Veggie Sticks

Whoosh Care is an allergy aware service