

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	Multigrain Rice Cakes and Spread	Sweet Corn Cups or Vegie Cups with Light Soy Sauce	Wholemeal Wraps with Lite Cheese, Cucumber and Lettuce	Vanilla Yogurt Cups
Week 2 6th May	Garlic Bread	Bread Sticks with Carrot Sticks, Snow Peas, Cucumbers and hummus	Wholemeal Toasties with Lite Cheese	Saos with various Spreads	Vegetarian Nachos
Week 3 13th May	Oven Baked Vegetarian Spring Rolls	Mixed Wholemeal Sandwiches with Fruit Platter	Vanilla Custard with Peaches	Multigrain Rice Crackers and Spreads	Saos topped with Tomato, Lite Cheese and Cucumber
Week 4 20th May	Oven Baked Potato Gems and Vegie Sticks	Sao Crackers with Spreads	Sultanas, Dried Apricots, Lite Cheese, Cucumber, Carrot Sticks with Rice Cakes	Breadsticks with Vegie Platter and Dips	Vegetarian Spring Rolls
Week 5 27th May	Wholemeal Wraps with Lite Cheese, Tomato and Hummus	Untoasted Muesli on Vanilla or Strawberry Yoghurt	Chicken Noodle Cups	Wholegrain Rice Crackers with Vegemite or Nuttalex	Warm Sweet Corn or Vegie Cups with Light Soy Sauce
Week 6 3rd June	Wholemeal Sandwiches with Children's Choice of Lite Cheese and Tomato or Vegemite	Oven Baked Vegetarian Spring Rolls	Make Your Own Pizza with Turkish Bread, Lite Cheese and Pineapple	Saos with Spreads	Popcorn Cups with Fruit Skewers
Week 7 10th June	Public Holiday	Warm Sweet Corn or Vegie Cups with Light Soy Sauce	Oven Baked Potato Gems with Buttered Wholemeal Bread	Bread Sticks with Dips and Vegie Platter	Pretzels with Lite Cubed Cheese and Carrot sticks
Week 8 17th June	Warm Rice with Vegies and Light Soy Sauce (optional)	Wholemeal Wraps with Hummus or Za'atar, Grated Carrots, Cucumber	Fruit Salad and Yoghurt	Multigrain Rice Cakes with Cucumber, Tomato or Vegemite	Chicken Noodle Cups
Week 9 24th June	Vegetarian Spring Rolls with Light Soy Sauce	Wholemeal Sandwiches with Vegemite or Lite Cheese and Tomato	Warm Sweet Corn or Vegie Cups Lightly Seasoned.	Saos with Spreads	Pretzels with Cubed Lite Cheese and Carrot Sticks
Week 10 1st July	Garlic Bread and Fruit Platter	Salad Sandwiches on Wholemeal Bread	Wholemeal Wrap Triangles with Hummus or Za'atar and Veggie Platter	Popcorn Cups with Fruit Skewers	Left Over Pantry/ Cupboard Day.

Whoosh Care is an allergy aware service