

## 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	Sweet corn cups or veggie cups with lite soy sauce	Wholemeal wraps with Lite Cheese, Cucumber and Lettuce	Vanilla yogurt cups
<b>Week 2</b> <b>6<sup>th</sup> May</b>	Garlic bread	Bread Sticks with carrot sticks, snow peas, cucumbers and hummus	Wholemeal Toasties with lite Cheese	Saos with various spreads	Vegetarian nachos
<b>Week 3</b> <b>13<sup>th</sup> May</b>	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
<b>Week 4</b> <b>20<sup>th</sup> May</b>	Oven baked potato gems and veggie sticks	Sultanas, dried apricots, lite cheese, cucumber and carrot sticks with wholemeal crackers	Raisin bread with Nuttelex	Breadsticks with veggie platter and dips	Vegetarian sausage rolls
<b>Week 5</b> <b>27<sup>th</sup> May</b>	Wholemeal wraps with lite cheese, tomato and hummus	Untoasted muesli on vanilla or strawberry yoghurt	Chicken Noodle cups	Wholegrain rice crackers with vegemite or nuttelex	Warm sweet corn or veggie cups with light soy sauce
<b>Week 6</b> <b>3<sup>rd</sup> June</b>	Wholemeal sandwiches children's choice of lite cheese and tomato or vegemite	Oven baked vegetarian spring rolls	Make your own Pizza: Turkish bread with light cheese and pineapple	Saos with Spreads	Popcorn cups with fruit skewers
<b>Week 7</b> <b>10<sup>th</sup> June</b>	Public Holiday	Warm sweet corn or veggie cups with lite soy sauce	Oven baked potato gems with buttered wholemeal bread	Bread sticks with dips and veggie platter	Pretzels with lite cubed cheese and carrot sticks
<b>Week 8</b> <b>17<sup>th</sup> June</b>	Warm rice with veggies and lite soy sauce	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
<b>Week 9</b> <b>24<sup>th</sup> June</b>	Vegetarian spring rolls with lite soy sauce	Wholemeal sandwiches with Vegemite or lite cheese and tomato	Warm sweet corn or veggie cups lightly seasoned.	Saos with spreads	Pretzels with cubed lite cheese and carrot sticks
<b>Week 10</b> <b>1<sup>st</sup> July</b>	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	Leftover pantry/cupboard day

*Whoosh Care is an allergy aware service*