

# NTOOSHC Term 1 Menu Plan

North Turrumurra  
Out of School Hours  
Centre 9449 5661



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Saladas	Antipasto Platter	Pasta Bake	Nachos	Chicken Strips with Salad
<b>Week 2</b>	Fruit Salad and Yoghurt	Chicken and veggie noodles	Butter chicken	Antipasto Platter	Saladas with Spreads
<b>Week 3</b>	Pasta Bake	Topsy Turvy Tuesday	Antipasto Platter	Sandwiches	Chicken and veggie noodles
<b>Week 4</b>	Antipasto Platter	Burrito Bowls	Fruit Salad and Yoghurt	Wraps	Nachos
<b>Week 5</b>	Fruit salad and Yoghurt	Beef Burgers	Fried Rice	Corn Thins	Antipasto Platter
<b>Week 6</b>	Assorted sandwiches	Antipasto Platter	Stir Fry	Cheesy pasta	Corn Thins
<b>Week 7</b>	Chicken and veggie noodles	Spaghetti Bolognese	Saladas with Spreads	Antipasto Platter	Fried Rice
<b>Week 8</b>	Beef Burgers	Burrito Bowls	Antipasto Platter	Corn Thins	Toasties
<b>Week 9</b>	Pasta Bake 1x tuna 1x plain	Topsy Turvy Tuesday	Fruit salad and Yoghurt	Antipasto Platter	Sandwiches
<b>Week 10</b>	Antipasto Platter	Fruit salad and Yoghurt	Chicken and veggie noodles	Butter chicken	PIZZA PARTY!

**Late Snack: A fruit platter is served at 5-5.30pm each afternoon and comprises of a mixture of fruit options.**

**Alternative options are available for children with specific dietary requirements.**

**A fruit bowl stocked with whole, fresh fruit, is available to children throughout the afternoon.**



## Menu Options

### Simple Items

- Saladas with cold meats (either turkey, ham or chicken), cheese and tomato, jam and cream cheese spreads and vegemite and cheese
- Corn Thins with cold meats (either turkey, ham or chicken), cheese and tomato, jam, cream cheese and vegemite and cheese
- Sandwiches with cold meats (either turkey, ham or chicken), cheese, tomato and lettuce, jam and cream cheese spreads and vegemite and cheese.
- Wraps with cold meats (either turkey, ham or chicken), cheese, tomato and lettuce.
- Antipasto Platter with cold meats (either turkey, ham, salami or chicken), cheese cubes, dips (hummus, avocado or French onion), cherry tomatoes, carrot, cucumber & celery sticks.
- Fruit salad with strawberries, apples, pear, banana and watermelon with vanilla and strawberry yoghurt
- Toasties with wholemeal bread, cheese, tomato and ham or vegemite and cheese
- Chicken Caesar Salad with croutons, chicken breast, iceberg lettuce, cheese and bacon pieces.
- Topsy Turvy Tuesday – Breakfast for afternoon Tea!

### Soups

- Homemade pumpkin and potato soup with sour cream and crusty bread
- Tomato soup with toasty soldiers and sour cream
- Chicken and veggie noodles with chicken breast, chicken stock, corn, carrot and peas.

### Hot Foods

- Butter chicken with brown rice and naan bread
- Homemade Corn fritters with ham, spring onion and sour cream,
- Burrito Bowls with wholemeal wraps, iceberg lettuce, tomato, cheese, guacamole, sour cream and beef mince with beans
- Nachos with plain corn chips, beef mince with beans, cheese, tomato, guacamole and sour cream
- Beef Burgers with cheese, tomato, lettuce and tomato or bbq sauce on wholemeal bread.
- Stir Fry with chicken breast, corn spears, snow peas, capsicum, carrot and chicken stock.
- Spaghetti Bolognese with beef mince, passata sauce, grated carrot and cheese
- Cheesy pasta with carrots, corn and peas and bacon pieces
- Pasta Bake with tuna, creamy sauce, cheese, corn, carrot and peas
- Fried Rice with corn, carrot, peas, capsicum, spring onions, soy sauce and bacon.