

NTOOSHC Term 2 Menu Plan

North Turrumurra
Out of School Hours
Centre 9449 5661



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Antipasto Platter	Pasta Bake	Chicken Strips with Salad	Saladas	Nachos
Week 2	Chicken and veggie noodles	Corn Thins	Antipasto Platter	Fruit Salad and Yoghurt	Butter chicken
Week 3	Sandwiches	Topsy Turvy Tuesday	Chicken and veggie noodles	Antipasto Platter	Pasta Bake
Week 4	Burrito Bowls	Antipasto Platter	Spaghetti Bolognese	Wraps	Fruit Salad and Yoghurt
Week 5	Fried Rice	Corn Thins	Beef Burgers	Antipasto Platter	Chicken Strips with Salad
Week 6	Antipasto Platter	Cheesy pasta	Toasties	Nachos	Corn Thins
Week 7	Butter Chicken	Corn Thins	Chicken and veggie noodles	Antipasto Platter	Spaghetti Bolognese
Week 8	Antipasto Platter	Burrito Bowls	Corn Thins	Beef Burgers	Toasties
Week 9	Fruit salad and Yoghurt	Topsy Turvy Tuesday	Sandwiches	Pasta Bake	Antipasto Platter
Week 10	Chicken and veggie noodles	Fruit salad and Yoghurt	Butter chicken	Antipasto Platter	Chicken Strips with Salad

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.