

NTOOSHC Term 3 Menu Plan

North Turrumurra
Out of School Hours
Centre 9449 5661



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Antipasto	Topsy Turvy	Butter Chicken	Nachos	Wraps
Week 2	Chicken Caesar Salad	Antipasto	Sandwiches	Spaghetti Bolognese	Fruit Salad and Yoghurt
Week 3	Burrito Bowls	Toasties	Antipasto	Garlic Bread and Veggies	Sloppy Joes
Week 4	Sandwiches	Fruit Salad and Yoghurt	Cheesy Pasta	Antipasto	Nachos
Week 5	Sloppy Joes	Topsy Turvy	Wraps	Spaghetti Bolognese	Antipasto
Week 6	Garlic Bread and Veggies	Chicken Caesar Salad	Corn Thins	Antipasto	Toasties
Week 7	Fruit Salad and Yoghurt	Cheesy Pasta	Antipasto	Nachos	Butter Chicken
Week 8	Spaghetti Bolognese	Antipasto	Sloppy Joes	Wraps	Burrito Bowls
Week 9	Antipasto	Topsy Turvy	Garlic Bread and Veggies	Fruit Salad and Yoghurt	Chicken Caesar Salad
Week 10	Cheesy Pasta	Antipasto	Sandwiches	Butter Chicken	Toasties

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 chicken breast (diced and breaded), iceberg lettuce, cheese and bacon pieces.
- Topsy Turvy Tuesday – Breakfast for afternoon Tea!
- Garlic bread with veggie platter.

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 rice
- 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.
- Spaghetti Bolognese with beef mince, passata sauce, grated carrot and cheese
- Cheesy pasta with cheese, carrots, corn and peas and bacon pieces
- Sloppy Joes with beef mince, onion, tomato sauce, Worcester sauce, salt and pepper, lettuce, tomato, and bread rolls.