

NTOOSHC Term 4 Menu Plan

North Turrumurra
Out of School Hours
Centre 9449 5661



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Apple and Sultana Muffins and low fat milk	Yoghurt, Muesli and Fruit Late snack: hommus and crackers	Toasties	Pasta Napolitana Late snack: hommus and crackers	Burritos
Week 2	Shepherd's Pie	Fresh Nachos	Antipasto Platter	Chicken Strips and Salad	Apple Crumble and Yoghurt
Week 3	Vita Wheats	Tacos	Mini Pizzas	Yoghurt, Muesli and Fruit	Pizza Scrolls
Week 4	Quesadilla's	Make your own salad	Spaghetti Bolognese	Pikelets with fruit and yoghurt	Antipasto Platter
Week 5	Yoghurt, Muesli and Fruit	Mini Quiche	Chicken Strips and Salad	Burgers	Corn Thins
Week 6	Apple and Sultana Muffins and low fat milk	Yoghurt, Muesli and Fruit Late snack: hommus and crackers	Toasties	Pasta Napolitana Late snack: hommus and crackers	Burritos
Week 7	Shepherd's Pie	Fresh Nachos	Antipasto Platter	Chicken Strips and Salad	Apple Crumble and Yoghurt
Week 8	Vita Wheats	Tacos	Mini Pizzas	Yoghurt, Muesli and Fruit	Pizza Scrolls
Week 9	Quesadilla's	Make your own salad	Spaghetti Bolognese	Pikelets with fruit and yoghurt	Antipasto Platter
Week 10	Yoghurt, Muesli and Fruit	Mini Quiche	Chicken Strips and Salad	Burgers	Corn Thins

Late Snack: A fruit platter is served at 5-5.30pm each afternoon and comprises of a mixture of fruit options, unless otherwise stated above. 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.

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Menu Options

Simple Items

- Vita Wheats or Corn Thins with cold meats (either turkey, ham or chicken), cheese and tomato, jam and cream cheese spreads and vegemite and cheese
- 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.
- Toasties with wholemeal bread, cheese, tomato and ham or vegemite and cheese
- Toasted Muesli served with vanilla or berry low fat yoghurt, and missed berries, banana and apples
- Make Your Own salad- iceberg lettuce, tomato, cucumber, carrot, corn, tomato, onion and cheese with light French dressing

Baked Items

- Apple and Sultana Muffins, homemade with a mixture of white and wholemeal flour, Served with low fat milk
- Chicken Strips & salad with chicken breast strips, breaded and baked, with lettuce, tomato, cheese & light French dressing
- Apple Crumble and yoghurt served with pie apples, cinnamon, untasted muesli and vanilla yoghurt
- Pikelets with fruit and yoghurt served with vanilla or strawberry yoghurt, berries, apple and banana

Hot Foods

- Burrito's with wholemeal wraps, iceberg lettuce, tomato, cheese, guacamole, sour cream and beef mince with beans
- Tacos with corn shells, iceberg lettuce, tomato, cheese, guacamole, sour cream and beef mince with beans
- Shepherd's Pie served with lamb mince, egg, carrot, onion, garlic, potato, peas, chicken stock and seeded mustard.
- Fresh Nachos with pita bread chips, 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
- Pasta Napolitain with low fat cheese and tomato pasta sauce
- Mini Pizzas served on English muffins with tomato paste, ham, cheese, pineapple
- Pizza scrolls served on light puff pastry with ham, cheese and onion or vegemite and cheese
- Quesedillas served on flour tortillas, with black beans, cheese, tomato, avocado, onion and capsicum
- Mini Quiche with bacon, mushroom and tomato