

# OSHC Menu Term 1 - Waiora PS

Breakfast: A selection of wholegrain cereal, toast (vegemite, cheese, honey or jam), porridge, cheese toasties, baked beans. Reduced fat milk or water offered as drinks.

Afternoon Tea: A platter of fresh fruit will be served each afternoon alongside the following menu items:



	Monday	Tuesday	Wednesday	Thursday	Friday
1	Pupil Free Day	Wholemeal toasted garlic pita and veggie sticks with dips	Wholemeal salad with lite cheese, tomato and ham	Noodles loaded with veggies - peas, corn, carrot.	Healthy banana oat pikelets served with yoghurt and berries
2	Healthy banana oat pikelets served with yoghurt and berries	Burrito wraps with beans, rice, tomato, lettuce, lite cheese and sauces	Wholemeal toasted garlic pita and veggie sticks with dips	Wholemeal salad with lite cheese, tomato and ham	Noodles loaded with veggies - peas, corn, carrot.
3	Noodles loaded with veggies - peas, corn, carrot.	Healthy banana oat pikelets served with yoghurt and berries	Burrito wraps with beans, rice, tomato, lettuce, lite cheese and sauces	Wholemeal toasted garlic pita and veggie sticks with dips	Wholemeal salad with lite cheese, tomato and ham
4	Toasted wholemeal sandwiches with ham, tomato and lite cheese	Noodles loaded with veggies - peas, corn, carrot.	Healthy banana oat pikelets served with yoghurt and berries	Burrito wraps with beans, rice, tomato, lettuce, lite cheese and sauces	Wholemeal toasted garlic pita and veggie sticks with dips
5	Self-made pizzas - ham, capsicum, tomato, lite cheese	Toasted wholemeal sandwiches with ham, tomato and lite cheese	Noodles loaded with veggies - peas, corn, carrot.	Self-made rice paper rolls - rice noodles, capsicum, cucumber, carrot, chicken	Burrito wraps with beans, rice, tomato, lettuce, lite cheese and sauces
6	Burrito wraps with beans, rice, tomato, lettuce, lite cheese and sauces	Wholemeal toasted garlic pita and veggie sticks with dips	Toasted wholemeal sandwiches with ham, tomato and lite cheese	Noodles loaded with veggies - peas, corn, carrot.	Healthy banana oat pikelets served with yoghurt and berries
7	Healthy banana oat pikelets served with yoghurt and berries	Burrito wraps with beans, rice, tomato, lettuce, lite cheese and sauces	Wholemeal toasted garlic pita and veggie sticks with dips	Toasted wholemeal sandwiches with ham, tomato and lite cheese	Noodles loaded with veggies - peas, corn, carrot.
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