

IRONSIDE AFTER SCHOOL CARE WEEKLY MENU

Monday 21st October– Friday 25th October 2019 Term 4 – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
All day	Pupil Free Day Rainbow Day	Encourage children to drink water	Encourage children to drink water	Encourage children to drink water	Encourage children to drink water
Extra activities		BSC: Smoothies	BSC: Smoothies	BSC: Smoothies	BSC: Smoothies
3:00pm 6xrice cakes/sandwiches as alternatives each AT	Morning Tea: Rice Paper Rolls (self-serve) <ul style="list-style-type: none"> - Capsicum (1) - Carrot (1/2 bag) - Cucumber (1) - Tuna (springwater-2) - Rice Noodles - Sweet chili sauce/soy Cooking activity: Fruit ice-blocks AM (choice) Served at fruit.	Fruit Salad (self-serve) <ul style="list-style-type: none"> - Banana - Apple - Pear - Yoghurt (5) - Passionfruit (2 cans) - Coconut - Cinnamon 	Wraps (self-serve) <ul style="list-style-type: none"> - Ham - Tuna (springwater) - Sliced lettuce - Sliced tomato - Sliced Cheese 	Mi Goreng noodles <ul style="list-style-type: none"> - Vegetables (2 bags) - Garlic - 1 plain - 1 soy - 1 sweet chilli - Fried shallots (topping) 	Snack Packs (self-serve) <ul style="list-style-type: none"> - Cherry tomatoes - Greek Yoghurt - Pappadums - Carrot sticks - Hommus - Sultanas
4:30pm	Fruit <ul style="list-style-type: none"> - Apple - Banana - Mandarins - Carrot (1/2 bag) 	Fruit <ul style="list-style-type: none"> - Apple - Banana - Mandarins - Capsicum (2) 	Fruit <ul style="list-style-type: none"> - Banana - Apple - Mandarins - Beans (1 bag) 	Fruit <ul style="list-style-type: none"> - Apple - Banana - Mandarins - Cucumber (2) 	Fruit <ul style="list-style-type: none"> - Apple - Banana - Mandarins - Carrot (1/2 bag)

Notes

Freeze leftover uncut banana to use in smoothies

SPECIAL DIETARY REQUIREMENTS

Outside School Hours Care is supportive of special dietary requirements of children in care and parents/carers are free to discuss their child's needs, including any food allergies, intolerances, cultural or religious practices.

In support of this:

- Staff will be informed of these requests and documentation will be on file in support of these special requests.
- The Coordinator will ensure that the list is updated using information from parents/carers. Care plans for children with allergies will be displayed in the food prep area to assist staff with preparing snacks.
- Where children are on special diets, we encourage parents to meet with the Coordinator to discuss what foods if any will need to be supplied from home.

We request that parents/carers do not send food that may endanger those with special dietary needs. (E.g. food containing nuts or egg)