

IRONSIDE AFTER SCHOOL CARE WEEKLY MENU

Monday 2nd December – Friday 6th December 2019. Term 4 – Week 9

	Monday	Tuesday	Wednesday	Thursday	Friday
All afternoon	Encourage children to drink water	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: Crepe cooking	BSC: Smoothies	BSC: Smoothies BSC Note: prepare oats	BSC: Smoothies
3:00pm 20xsandwiches as alternatives each Afternoon Tea (butter, jam and vegemite)	Snack Packs (self-serve) - Cherry tomatoes - Greek Yoghurt (2) - Pappadums - Carrot sticks (1 bag) - Hommus (3) - Sultanas	Sandwiches - Ham + Pickles + Lettuce (1/2) - Ham - Cheese - Ham + Cheese *Add tomato, cucumber or cheese	Wraps (self-serve) - Chicken - Tuna (2x cans of springwater) - Sliced lettuce - Sliced tomato - Sliced Cheese	Parfait (self-serve) - Oats - Orange Juice - Vanilla yoghurt - Diced apples - Banana slices - Coconut - Sultanas - Cinnamon Passionfruit (2 cans)	Nachos (self-serve) - Corn chips (GF) - 4 Bean Mix - Avocado - *Salsa - Grated Cheese *Use recipe on fridge
4:30pm	Fruit - Apple - Banana - Orange - Carrot (1/2 bag)	Fruit - Apple - Banana - Orange - Capsicum (2)	Fruit - Banana - Apple - Orange - Beans (1 bag)	Fruit - Apple - Banana - Orange - Cucumber (2)	Fruit - Apple - Banana - Orange - 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:					
<ul style="list-style-type: none"> ▪ 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)					