

ROSHC WEEKLY MENU - SAMPLE

BEFORE SCHOOL CARE

Breakfast is available from 6.45am till 8am

Toast/Toasted sandwich - Wholemeal bread (*Gluten free options available*) or Raisin Bread

Toppings - Vegemite, Honey, Jam, Cheese, or Ham.

Cereal - Weetbix, Cheerios, Rice bubbles or Porridge. (*Gluten free options available*)

A selection of seasonal fresh fruit is available each morning

AFTER SCHOOL CARE

A selection of seasonal fresh fruit and vegetables is available each afternoon

Monday 28/02/2022	Tuesday 01/03/2022	Wednesday 02/03/2022	Thursday 03/03/2022	Friday 04/03/2022
Homemade spaghetti bolognese	Homemade Anzac biscuits	Assorted shapes	Raisin bread	Homemade Chocolate cake

Menu is subject to change at short/no notice due to stock unavailability, staffing, and/or delivery issues

All notified dietary requirements are catered for, please inform office staff of your child's requirements

ROSHC WEEKLY MENU - SAMPLE

BREAKFAST

Toast - Wholemeal bread (*Gluten free options available*) or Raisin Bread

Toppings - Vegemite, Honey, Jam, Cheese, or Ham.

Cereal - Weetbix, Cheerios, Rice bubbles or Porridge. (*Gluten free options available*)

A selection of seasonal fresh fruit is available each morning

Monday 04/04/2022 <i>Backwards Day</i>	Tuesday 05/04/2022 <i>ROSHC Disco Day</i>	Wednesday 06/04/2022 <i>Careers Day</i>	Thursday 07/04/2022 <i>Sports Day</i>	Friday 08/04/2022 <i>Superheros Vs Villains Day</i>
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MORNING TEA

Assorted shapes	Coloured popcorn	Rice cakes with children's choice of ham, tomato, cheese, vegemite, & jam	Fruit kebabs with yoghurt	Hulk smash Avocado dip with rice crackers
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LUNCH

Breakfast for lunch. Assorted cereals. Bacon & scrambled eggs with wholemeal English muffins	Hotdogs served with tomato or BBQ sauce & cheese, with a no added sugar cordial drink	Chicken & gravy rolls	Whole grain wraps with children's choice of salads Lettuce, tomato, cheese, carrot, capsicum ham & mayo	Ninja turtle pizzas Mixed pizzas with assorted toppings of ham & cheese, pepperoni & cheese, ham & pineapple, cheese
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AFTERNOON TEA

Homemade Pineapple upside-down cupcakes	Cabanossi, cheese, & cracker platters	Homemade Caramel Cupcakes	Decorate your own cookie medal	Homemade Captain America shields
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