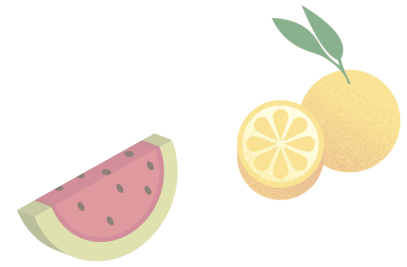


LINDFIELD ACTIVITY CENTRE

VAC WEEK 1

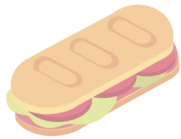


Fruit, Veggies, Milk and Water available at all meal times

| Vac Care Week 2 | MONDAY <i>Creative Craft</i> | TUESDAY <i>Bubble Soccer</i> | WEDNESDAY <i>Mini Golf and Bowling</i> | THURSDAY <i>Science Show</i> | FRIDAY <i>Amazing Race</i> |
|-------------------------------------|--------------------------------------|---|---|---|-----------------------------------|
| Breakfast (Finishes 8:30) | Cereal, Toast & Spreads | Cereal, Toast & Spreads | Cereal, Toast & Spreads | Cereal, Toast & Spreads | Cereal, Toast & Spreads |
| Morning Tea | Cheesy Herb Bread | Wedges | EXCURSION | Ham and Cheese Scrolls | Corn Thins with Spreads *** |
| Lunch | Homemade Pesto Pasta | Sandwiches (Including veggie option) | | Fried Rice (Including veggie option) | Pasta Bake |
| Afternoon Tea | Arrowroot Biscuits with Icing *** | Smoothies | Scones *** | Apple Cinnamon Rolls | Smartie Biscuits *** |
| Late Snack | Popcorn | Honey Joys | Warm Milo | Rocky Road *** | Sakatatas, veggie sticks and dips |

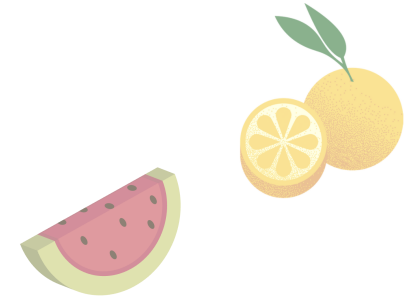
■ = Vegetarian Option ■ = Preparation ■ = Activity with Children

At Lindfield Activity Centre the children will enjoy healthy, wholesome meals catering to all individual needs and diets.



LINDFIELD ACTIVITY CENTRE

VAC WEEK 2



Fruit, Veggies, Milk and Water available at all meal times

| Vac Care Week 2 | Monday <i>Game Show</i> | Tuesday <i>Magical Musical</i> | Wednesday <i>Slime</i> | Thursday <i>Dural Farm</i> | Friday <i>Bouncy Obstacle Course</i> |
|-------------------------------------|---|--|-------------------------------------|---|---|
| Breakfast (finishes 8:30) | Cereal, Toast & Spreads | Cereal, Toast & Spreads | Cereal, Toast & Spreads | Cereal, Toast & Spreads | Cereal, Toast & Spreads |
| Morning Tea | English Muffins *** | Excursion | Choc Chip Raspberry Banana bread | Excursion | Pikelets |
| Lunch | Teriyaki Chicken and Rice <i>Rice and Veggies</i> | | Pasta Bake | | Toasties <i>Veggie options</i> |
| Afternoon Tea | Smoothies | Homemade Granola and Yoghurt *** | Smartie Biscuits *** | Garlic Bread | Banana Muffins *** |
| Late Snack | Saos with Spreads *** | Sakatas and Dips | Jelly and Fruit | Saladas with Spreads and Cheese *** | Arrowroots and Milo |

■ = Vegetarian Option ■ = Preparation ■ = Activity with Children

At Lindfield Activity Centre the children will enjoy healthy, wholesome meals catering to all individual needs and diets.

Lindfield Activity Centre Menu

Fruit, Veggies, Milk and Water available at all meal times

| Vac Care Week 3 | Monday <i>PJ and Movie Day</i> |
|-------------------------------------|---|
| Breakfast (finishes 8:30) | Cereal, Toast & Spreads <i>Defrost english muffins/pastry</i> |
| Morning Tea | Cruskits with Spreads <i>***</i> |
| Lunch | Mini Pizzas <i>***</i> Veggie options |
| Afternoon Tea | Cheese and Vegemite Scrolls |
| Late Snack | Popcorn |

■ = Vegetarian Option ■ = Preparation ■ = Activity with Children

At Lindfield Activity Centre the children will enjoy healthy, wholesome meals catering to all individual needs and diets.