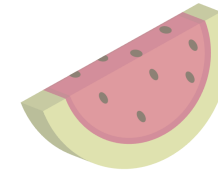


# LINDFIELD ACTIVITY CENTRE

## TERM 4 WEEK 1 MENU

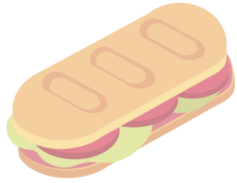


\*Fruit, veggies and water are available at all times\*

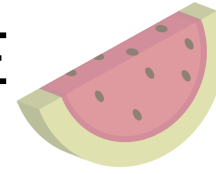
TERM 4 WEEK 1	MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH
<b>Breakfast</b>	Cereal, Toast & Spreads <b>Banana Bread</b>	Cereal, Toast & Spreads <b>Baked Beans</b>	Cereal, Toast & Spreads <b>Pikelets</b>	Cereal, Toast & Spreads <b>Porridge</b>	Cereal, Toast & Spreads <b>Orange Juice</b>
<b>Afternoon Tea</b>	Fried Rice	Mie Goreng (Indonesian Fried Noodles)	Toasties	Nachos	Pasta Bake
<b>Late Snack</b>	Corn Thins and Spreads *** (A regular suggestion)	Saos with spreads ***	Saos and Spreads	Decorated Arrowroots	Smartie Cookies ***

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

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



# LINDFIELD ACTIVITY CENTRE TERM 4 WEEK 2 MENU

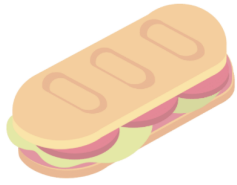


\*Fruit, veggies and water are available at all times\*

TERM 4 WEEK 2	MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH
Breakfast	Cereal, Toast & Spreads Yoghurt	Cereal, Toast & Spreads Orange Juice	Cereal, Toast & Spreads Crumpets	Cereal, Toast & Spreads Porridge	Cereal, Toast & Spreads Wholemeal Pancakes
Afternoon Tea	Spaghetti Bolognese ***	Sushi (Use avocado, cucumber & carrots)	Nasi Goreng (Indonesian Fried rice) ***	Cheesy Herb Bread	Potato Wedges (With sour cream and sweet chilli sauce) ***
Late Snack	Corn thins with Spreads ***	Weetbix Slice ***	Sakata's, Dip, Cheese and Veggie Sticks ***	Scones *** ***	Banana Muffins

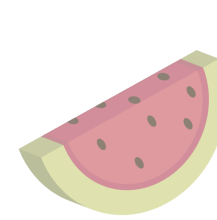
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# LINDFIELD ACTIVITY CENTRE

## TERM 4 WEEK 3 MENU

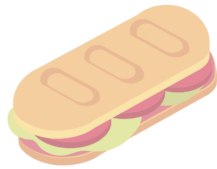


\*Fruit, veggies and water are available at all times\*

TERM 4 WEEK 3	MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH
Breakfast	Cereal, Toast & Spreads Yoghurt	Cereal, Toast & Spreads Porridge	Cereal, Toast & Spreads Baked Beans	Cereal, Toast & Spreads Milo	Cereal, Toast & Spreads Hash Browns
Afternoon Tea	Teriyaki Chicken and Rice	Napoletana Pasta	English Muffin Pizzas ***	Honey Soy Noodles (Contains Gluten) *** (Suggested by 3-6)	Spinach and Feta Turnovers
Late Snack	Saos with Spreads ***	Berry Muffins	Homemade Muesli and Yoghurt	Cruskits with spreads	Honey Joys *** ***

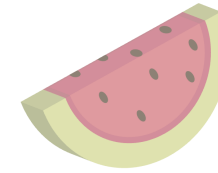
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# LINDFIELD ACTIVITY CENTRE

## TERM 4 WEEK 4 MENU

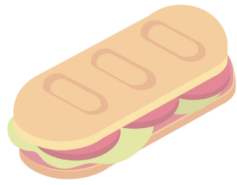


\*Fruit, veggies and water are available at all times\*

TERM 4 WEEK 4	MONDAY 30TH	TUESDAY 31ST	WEDNESDAY 1ST	THURSDAY 2ND	FRIDAY 3RD
Breakfast	<b>Cheese Toasties</b> Cereal Toast & Spreads	<b>Crumpets</b> Fruit, Cereal Toast & Spreads	<b>Banana Pancake Bites</b> Fruit, Cereal Toast & Spreads	<b>Smoothies</b> Fruit, Cereal Toast & Spreads	<b>Bacon</b> Fruit, Cereal Toast & Spreads
Afternoon Tea	Garlic Bread	Sandwiches ***	Cheese and Vegemite Scrolls	Nachos	Udon Noodle Stir Fry
Late Snack	Scones *** *** (Suggestion: Cut in stars)	Harry Potter Cupcakes *** ***	Milo Slice	Fairy Bread *** ***	Icy Poles *** (Common suggestion)

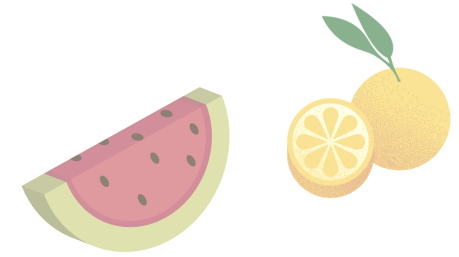
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# LINDFIELD ACTIVITY CENTRE

## TERM 4 WEEK 5 MENU

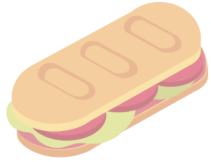


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TERM 4 WEEK 5	MONDAY 6TH	TUESDAY 7TH	WEDNESDAY 8TH	THURSDAY 9TH	FRIDAY 10TH
Breakfast	<b>Porridge</b> Fruit, Cereal Toast & Spreads	<b>Baked Beans</b> Fruit, Cereal Toast & Spreads	<b>Milo</b> Fruit, Cereal Toast & Spreads	<b>Wholemeal Pancakes</b> Fruit, Cereal Toast & Spreads	<b>English Muffins</b> Fruit, Cereal Toast & Spreads
Afternoon Tea	Brazilian Cheese Bread (Pao de Queijo) ***	Sushi	Mexican Quesadillas ***	Raisin Toast	Garlic Bread ***
Late Snack	Corn Thins	Strawberry Jam and Cream Puffs ***	Saos with Spreads ***	Chocolate Caramel Pretzel Bark	Scones *** ***

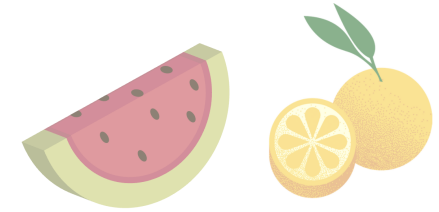
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# LINDFIELD ACTIVITY CENTRE

## TERM 4 WEEK 6 MENU

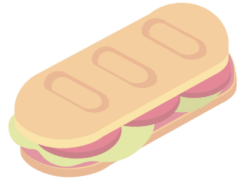


\*Fruit, veggies and water are available at all times\*

TERM 4 WEEK 6	MONDAY 13TH	TUESDAY 14TH	WEDNESDAY 15TH	THURSDAY 16TH	FRIDAY 17TH
Breakfast	<b>Avo Toast</b> Cereal, Toast & Spreads	<b>Banana Pancake Bites</b> Cereal, Toast & Spreads	<b>Smoothies</b> Cereal, Toast & Spreads	<b>Bacon</b> Cereal, Toast & Spreads	<b>Yoghurt</b> Cereal, Toast & Spreads
Afternoon Tea	South African Yellow Rice ***	Pepperoni Pizza Pockets Cheese only ***	Cheesy Herb Bread	Pasta Bake	Chicken Noodle Soup ***
Late Snack	Saladas with Spreads and Cheese ***	Rice Bubble Slice	Weetbix Slice ***	Chocolate Dipped Banana Bites	Cruskits with Spreads

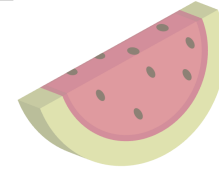
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# LINDFIELD ACTIVITY CENTRE

## TERM 4 WEEK 7 MENU

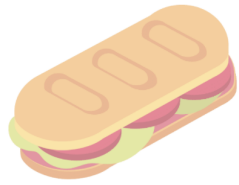


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Term 4 Week 7	Monday 20th	Tuesday 21TH	Wednesday 22TH	Thursday 23RD	Friday 24TH
Breakfast	<b>Hash Browns</b> Cereal, Toast & Spreads	<b>Porridge</b> Cereal, Toast & Spreads	<b>Orange Juice</b> Cereal, Toast & Spreads	<b>Crumpets</b> Cereal, Toast & Spreads	<b>Avo Toast</b> Cereal, Toast & Spreads
Afternoon Tea	Honey Soy Noodles (Contains Gluten)	Pita Pizza ***	Ham and Cheese Toasties ***	Veggie Rice Paper Rolls	Butter Chicken
Late Snack	Fairy Bread ***	Smartie Cookies *** ***	Yoghurt Bark ***	Choc Chip Raspberry Banana Bread ***	Jelly and Fruit

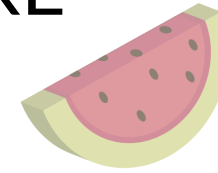
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# LINDFIELD ACTIVITY CENTRE

## TERM 4 WEEK 8 MENU



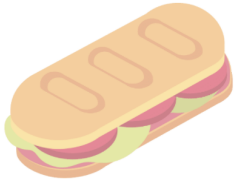
\*Fruit, veggies and water are available at all times\*

TERM 4 WEEK 8	MONDAY 27TH	TUESDAY 28TH	WEDNESDAY 29TH	THURSDAY 30TH	FRIDAY 1ST
Breakfast	<b>Crumpets</b> Cereal, Toast & Spreads	<b>English Muffins</b> Cereal, Toast & Spreads	<b>Milo</b> Cereal, Toast & Spreads	<b>Homemade Granola and Yoghurt</b> Cereal, Toast & Spreads	<b>Pancakes</b> Cereal, Toast & Spreads
Afternoon Tea	Cheese and Vegemite Scrolls	Garlic and Cheese Naan	Mac and Cheese (Simple)	Swedish meatball ***	Pasta Bake
Late Snack	Smoothies	Strawberry Jam and Cream Puffs ***	Chocolate Dipped Banana Bltes	Sakatas with Dip and Cheese	Frozen Yoghurt ***

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

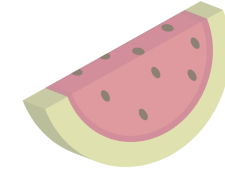
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# LINDFIELD ACTIVITY CENTRE

## TERM 4 WEEK 9 MENU

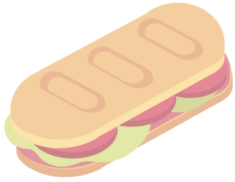


\*Fruit, veggies and water are available at all times\*

Term 4 Week 9	MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH	FRIDAY 8TH
Breakfast	<b>Smoothies</b> Cereal, Toast & Spreads	<b>Crumpets</b> Cereal, Toast & Spreads	<b>Yoghurt</b> Cereal, Toast & Spreads	<b>Wholemeal Pancakes</b> Cereal, Toast & Spreads	<b>Avo Toast</b> Cereal, Toast & Spreads
Afternoon Tea	Fried Rice ***	Toasties ***	Teriyaki Chicken and Rice	Pepperoni Pizza Pockets ***	Potato Bake ***
Late Snack	Corn thins with spreads ***	Savory Crepes ***	Saos with spreads and cheese ***	Choc Chip Raspberry Banana Bread ***	Hokey Pokey Ice Cream ***

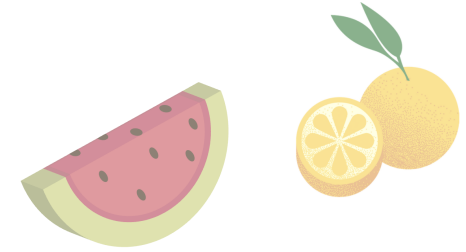
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# LINDFIELD ACTIVITY CENTRE

## TERM 4 WEEK 10 MENU



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Term 4 Week 10	MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH
Breakfast	<b>Wholemeal Pancakes</b> Cereal, Toast & Spreads	<b>Yoghurt</b> Cereal, Toast & Spreads	<b>Milo</b> Cereal, Toast & Spreads	<b>Cheese Toasties</b> Cereal, Toast & Spreads	<b>Porridge</b> Cereal, Toast & Spreads
Afternoon Tea	Potato Wedges ***	Spaghetti Bolognese ***	Udon Noodle Stir Fry	<b>Sausage Sizzle</b>	Garlic Bread
Late Snack	<b>Fairy Floss</b> + Veggie Sticks, Dip and Crackers	Cruskits with Spreads ***	Honey Joys ***	Scones	<b>Ice Cream</b> ***

■ = Vegetarian Option  
 ■ = Preparation  
 ■ = Activity with Children  
 ■ = Child Suggestion  
 ■ = Group Goal Rewards

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