Lindfield Activity Centre Menu

Relaxation WEEK
(, Aussie Back yard count)

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

Term 4 Week 1 2026	Monday 12/10/26	Tuesday 13/10/26	Wednesday14/10/26	Thursday15/10/26	Friday 16 /10/26
Breakfast	VACATION CARE	**Crossiant** Cereal, Toast & Spreads	**Avo Toasts** Cereal, Toast & Spreads	**Hash Browns** Cereal, Toast & Spreads	**Orange Juice** Cereal, Toast & Spreads
Afternoon Tea		Udon Noodle Soup	Teriyaki Chicken served with steam rice	Vegemite Cheese Scrolls	Sausage Rolls
Late Snack		Cinnamon Brown Sugar Twisties	Sao with spreads	Vanilla Wafers	Ritz & Cheese Cubes

= Vegetarian Option = Preparation = Activity with Children = Culture Meal

Meal Prep for next day		**Defrost Chicken**		**Defrost beef**	

Nutrition WEEK
(19 – 25 October 2026National water week
25/10 Grandparents Day)

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 2 2026	Monday19/10/26	Tuesday20/10/26	Wednesday21/10/26	Thursday22/10/26	Friday23/10/26
Breakfast	**Yoghurt** Cereal, Toast & Spreads	**Cheese Toasties** Cereal, Toast & Spreads	**Milo** Cereal, Toast & Spreads	**Pineapple Smoothies** Cereal, Toast & Spreads	**Hash Browns** Cereal, Toast & Spreads
Afternoon Tea	Curried Vegetable Samosa	Butter Chicken served with rice	Garlic Cheese Pizza	Vegetable Biriyani	Chicken Tikka Masala served with rice
Late Snack	Corn thins with Spreads	Anzac Biscuits	Strawberry Wafers	Mango Lassi	Rice Crackers

= Vegetarian Option = Preparation = Activity with Children = Culture Meal

Meal Prep for next day	**Defrost chicken**			**Defrost chicken**	

Lindfield Activity Centre Menu

Jobs WEEK
(31/10, Halloween)

Fruit, veggies and water are available at all times

Term 4 Week 3 2026	Monday26/10/26	Tuesday27/10/26	Wednesday28/10/26	Thursday29/10/26	Friday30/10/26
Breakfast	**Orange Juice** Cereal, Toast & Spreads	**Wholemeal Pancakes** Cereal, Toast & Spreads	**Banana Smoothies** Cereal, Toast & Spreads	**Granola & Yoghurt** Cereal, Toast & Spreads	**Crossiant** Cereal, Toast & Spreads +
Afternoon Tea	Spanakopita (Spinach and Feta Puff)	Hot Corn Butter Rice	Udon Noodle Soup	Wedges	Sausage Mummies *** New ***
Late Snack	Cruskits with spreads	Banana Bread	Rockey Road	Corn Chip	Halloween Special Late Snack **Frog in a Pond**

= Vegetarian Option = Preparation = Activity with Children = Culture Meal

Meal Prep for next day					

Natural Environment Week

Lindfield Activity Centre Menu

(Dia De Muertos 2/11, Melbourne Cup Day4/11)

Fruit, veggies and water are available at all times

Term 4 Week 4 2026	Monday02/11/26	Tuesday03/11/26	Wednesday04/11/26	Thursday 05/11/26	Friday06/11/26
Breakfast	**Raisin Toasts** Cereal Toast & Spreads	**Avo Toast** Fruit, Cereal Toast & Spreads	**Hash Brown** Fruit, Cereal Toast & Spreads	**Milo** Fruit, Cereal Toast & Spreads	**Banana Pancake Bites** Fruit, Cereal Toast & Spreads
Afternoon Tea	Bean Nachos	Okinawan Taco Rice	Lemon Potato Salad	Teriyaki Beef Bowls	Sushi Roll (Avocado, Cucumber, Chicken)
Late Snack	Strawberry Jam Twists	Ritz and Cheese	Jelly	Vanilla Wafers	Jatz Crakers

= Vegetarian Option = Preparation = Activity with Children = Culture Meal = Child Suggestion

Meal Prep for next day	**Defrost beef mince**	**Prepare Jelly**	**Defrost beef mince**		

Recycling Week (Remembrance Day11/11 &

World Origami Day 11/11, World Kindness Day 13/11)

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 5 2026	Monday09/11/26	Tuesday10/11/26	Wednesday11/11/26	Thursday12/11/26	Friday13/11/26
Breakfast	**Smoothies** Fruit, Cereal Toast & Spreads	**Yoghurt** Fruit, Cereal Toast & Spreads	**Cheese Toasts** Fruit, Cereal Toast & Spreads	**Raisin Toasts** Fruit, Cereal Toast & Spreads	**Wholemeal Pancakes** Fruit, Cereal Toast & Spreads
Afternoon Tea	Teriyaki Chicken served with Rice	Fried Rice	Ramen Noodle Soup	Miso Corn Butter served with Plain Rice	Bibimbap Rice
Late Snack	Saladas with spread	Honey Joy	Chocolate Crackles	Cinnamon Brown Sugar Twisties	Corn thins with Spreads

= Vegetarian Option = Preparation = Activity with Children = Child Suggestions = Culture Meal

Meal Prep for next day				**Defrost beef mince**	

Lindfield Activity Centre Menu

Instrument Week (Universal Children Day 20/11)

Fruit, veggies and water are available at all times

Term 4 Week 6 2026	Monday16/11/26	Tuesday17/11/26	Wednesday18/11/26	Thursday19/11/26	Friday20/11/26
Breakfast	**Wholemeal Pancake** Cereal, Toast & Spreads	**Granola & Yoghurt** Cereal, Toast & Spreads	**Orange Juice** Cereal, Toast & Spreads	**Pineapple Smoothies** Cereal, Toast & Spreads	**Milo** Cereal, Toast & Spreads
Afternoon Tea	Garlic Noodles	Pesto Pasta Salad	Mac and Cheese	Nando's Portuguese Chicken and Rice	Garlic Cheese Pizza
Late Snack	Carrot Cake	Corn Chip	Fairy Bread	Rice Crackers with cheese	Anzac Biscuits

= Vegetarian Option = Preparation = Activity with Children = Culture Meal

Meal Prep for next day			Prep: Defrost Chicken		

Technology Week

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 7 2026	Monday23/11/26	Tuesday24/11/26	Wednesday25/11/26	Thursday26/11/26	Friday27/11/26
Breakfast	**Hash Brown** Cereal, Toast & Spreads	**Milo** Cereal, Toast & Spreads	**Yoghurt & Oat Crumble** Cereal, Toast & Spreads	**Wholemeal Pancake** Cereal, Toast & Spreads	**Smoothies** Cereal, Toast & Spreads
Afternoon Tea	Teriyaki Minced Beef served with Rice	Bean Nachos	Hot Corn Butter Rice	Lemon Potato Salad	Udon Noodle Stir Fry
Late Snack	Sao with spreads	Jam Twist Puffs	Rice Bubble Slice	Coconut Biscuits	Cruskits with spread
Meal Prep for next day					

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

Vehicle Week

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 8 2026	Monday30/11/26	Tuesday01/12/26	Wednesday02/12/26	Thursday03/12/26	Friday04/12/26
Breakfast	**Orange Juice** Cereal, Toast & Spreads	**Wholemeal Pancakes** Cereal, Toast & Spreads	**Raisin Toasts** Cereal, Toast & Spreads	**Granola & Yoghurt** Cereal, Toast & Spreads	**Crossiant** Cereal, Toast & Spreads +
Afternoon Tea	Family BBQ Sausage Sizzles	Garlic Noodles	Spaghetti Bolognese	Ramen Noodle Soup	Sushi Roll (Avocado, Cucumber, Chicken)
Late Snack	Rice Crackers	Zucchini Brownie	Strawberry Wafers	Pop Corn	Corn thins with Spreads

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

Meal Prep for next day		**Defrost Beef**			

Celebration Week

(Human Rights Day10/12, International Mountain Day11/12)

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 9 2026	Monday07/12/26	Tuesday 08/12/26	Wednesday09/12/26	Thursday10/12/26	Friday11/12/26
Breakfast	**Smoothies** Cereal Toast & Spreads	**Avo Toast** Fruit, Cereal Toast & Spreads	**Hash Brown** Fruit, Cereal Toast & Spreads	**Milo** Fruit, Cereal Toast & Spreads	**Banana Pancake Bites** Fruit, Cereal Toast & Spreads
Afternoon Tea	Bibimbap Rice (Lettuce, Cucumber, Carrot, Onion & Beef)	Pasta with Creamy Zucchini Sauce	Honey Chicken served with Rice	Vegetable Japchae	Spinach & Feta Turnover
Late Snack	Rice Cake with spread	Ritz and Cheese	Jelly	Mango Lassi	Cruskits with spreads

= Vegetarian Option = Preparation = Activity with Children = Child Suggestion = Culture Meal

Meal Prep for next day		**Defrost chicken** **Prepare Jelly**			

Celebration Week (Hanukkah 14/12-22/12)

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 10 2026	Monday14/12/26	Tuesday15/12/26	Wednesday16/12/26	Thursday17/12/26	Friday18/12/26
Breakfast	**Smoothies** Fruit, Cereal Toast & Spreads	**Yoghurt** Fruit, Cereal Toast & Spreads	**Cheese Toasts** Fruit, Cereal Toast & Spreads	**Wholemeal Pancakes** Fruit, Cereal Toast & Spreads	Summer Holiday Merry Christmas!!
Afternoon Tea	Okinawan Taco Rice	Roasted Vegan Mayo Potato Salad	Sushi Rolls (Toppings: Cucumber, Teriyaki Chicken, Avocado,, Carrots)	Sausage Sizzles	
Late Snack	Pop Corn	Vanilla Wafers	Ginger Bread man	Decorating Arrowroot Biscuits	

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

Meal Prep for next day					