

# LINDFIELD ACTIVITY CENTRE

## TERM 1 WEEK 1 MENU

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

TERM 1 WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	VACATION CARE	Cereal, Toast & Spreads Yogurt	Cereal, Toast & Spreads Smoothies Defrost bread	Cereal, Toast & Spreads Porridge	Cereal, Toast & Spreads Beans on Toast
Afternoon Tea		Cheese Quesadillas	Sandwiches	Nachos	Pasta Bake
Late Snack		Anzac Slice	Saladas, Dips and Cheese	Cruskits with spreads	Smartie Cookies

■ = 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

## TERM 1 WEEK 2 MENU

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

TERM 1 WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal, Toast & Spreads <b>Yogurt</b> Defrost pastry	Cereal, Toast & Spreads <b>Fresh Orange Juice</b>	Cereal, Toast & Spreads <b>Crumpets</b> Defrost bread	Cereal, Toast & Spreads <b>Porridge</b> Defrost bread	Cereal, Toast & Spreads <b>Wholemeal Pancakes</b>
Afternoon Tea	Cheese and Vegemite Scrolls	Potato Wedges	Toasties	Cheesy Herb Bread	Dumplings
Late Snack	Corn thins with Spreads	Weetbix Slice	Sakata's, Dip, Cheese and Veggie Sticks	Smoothies	Scones

 = 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

## TERM 1 WEEK 3 MENU

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

TERM 1 WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal, Toast & Spreads <b>Yogurt</b> Defrost mince	Cereal, Toast & Spreads <b>English Muffins</b> Make Rice/Cut up Chicken	Cereal, Toast & Spreads <b>Baked Beans</b>	Cereal, Toast & Spreads <b>Porridge</b>	Cereal, Toast & Spreads <b>Milo</b> Defrost pastry
Afternoon Tea	Spaghetti Bolognese	Teriyaki Chicken and Rice	Pita Pizza	Napoletana Pasta	Spinach and Feta Turnovers
Late Snack	Saos with Spreads	Berry Muffins	Homemade Muesli and Yoghurt	Cruskits with spreads	Honey Joys

 = 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

## TERM 1 WEEK 4 MENU

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

TERM 1 WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Yogurt Cereal Toast & Spreads	Crumpets Fruit, Cereal Toast & Spreads <i>Put on slow cooker</i>	Banana Pancake Bites Fruit, Cereal Toast & Spreads <i>Defrost pastry</i>	Smoothies Fruit, Cereal Toast & Spreads <i>Defrost bread</i>	Cheese Toasties Fruit, Cereal Toast & Spreads <i>Chop vegetables</i>
Afternoon Tea	Garlic Bread	Butter Chicken	Cheese and Vegemite Scrolls	Bean Nachos	Udon Noodle Stir Fry
Late Snack	Scones	Saladas with spreads	Milo Slice	Fairy Bread	Sakata's with dip and cheese

■ = 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

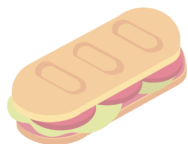
## TERM 1 WEEK 5 MENU

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

TERM 1 WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<b>Porridge</b> Fruit, Cereal Toast & Spreads <i>Put on rice + cut veggies</i>	<b>Baked Beans</b> Fruit, Cereal Toast & Spreads <i>Chop vegetables</i>	<b>Milo</b> Fruit, Cereal Toast & Spreads <i>Boil and cut potatoes</i>	<b>English Muffins</b> Fruit, Cereal Toast & Spreads <i>Defrost bread</i>	<b>Wholemeal Pikelets</b> Fruit, Cereal Toast & Spreads
Afternoon Tea	Sushi	Pumpkin Soup	Potato Bake	Toasties	Fried Rice <i>***</i>
Late Snack	Blueberry scones	Banana Muffins <i>***</i>	Saos with Spreads and Cheese	Anzac Biscuits	Smartie Cookies <i>***</i>

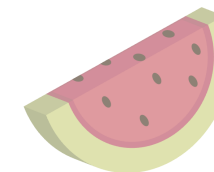
■ = Vegetarian Option  
 ■ = Preparation  
 ■ = Activity with Children

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



# LINDFIELD ACTIVITY CENTRE

## TERM 1 WEEK 6 MENU



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

TERM 1 WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<b>Cheese Toasties</b> Cereal, Toast & Spreads Defrost Chicken + Chop vegetables	<b>Banana Pancake Bites</b> Cereal, Toast & Spreads	<b>Smoothies</b> Cereal, Toast & Spreads	<b>Porridge</b> Cereal, Toast & Spreads Chop vegetables (Defrost chicken for Friday)	<b>Granola and Yogurt</b> Cereal, Toast & Spreads Cut chicken + put on rice
Afternoon Tea	Chicken Noodle Soup	Pasta Bake	Cheesy Herb Bread	Pumpkin Soup	Moroccan Chicken and Rice
Late Snack	Saladas with Spreads and Cheese ***	Homemade Granola and Yogurt	Weetbix Slice ***	Sakata's with dip and cheese	Fruit Crumble

■ = 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

## TERM 1 WEEK 7 MENU

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

TERM 1 WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<b>Yogurt</b> Cereal, Toast & Spreads Chop vegetables	<b>Banana Pancake Bites</b> Cereal, Toast & Spreads Chop vegetables	<b>Crumpets</b> Cereal, Toast & Spreads Defrost bread	<b>Porridge</b> Cereal, Toast & Spreads	<b>Avo Toast</b> Cereal, Toast & Spreads Put on slow cooker
Afternoon Tea	Honey Soy Noodles	Veggie Rice Paper Rolls	Ham and Cheese Toasties ***	English Muffin Pizza ***	Butter Chicken
Late Snack	Scones ***	Dips, crackers, cheese cubes and veggie sticks	Yoghurt and cereal	Smartie Cookies ***	Rice Bubble Treats

■ = 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

## TERM 1 WEEK 8 MENU

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

TERM 1 WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<b>Crumpets</b> Cereal, Toast & Spreads Chop vegetables/Defrost peas/Make Rice	<b>English Muffins</b> Cereal, Toast & Spreads	<b>Pancakes</b> Cereal, Toast & Spreads Defrost bread Prepare/freeze Late Snack	<b>Porridge</b> Cereal, Toast & Spreads Make Rice/Cut onion	<b>Milo</b> Cereal, Toast & Spreads
Afternoon Tea	Spanish Paella	Garlic and Cheese Naan	Sandwiches	Chicken Tikka Masala	Pasta Bake
Late Snack	Cruskits with Spreads ***	Yoghurt and Berries	Chocolate Dipped Banana Bites	Veggie Sticks, Dip and Crackers	Smoothies

■ = 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

## TERM 1 WEEK 9 MENU

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

TERM 1 WEEK 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<b>Porridge</b> Cereal, Toast & Spreads	<b>Yogurt</b> Cereal, Toast & Spreads	<b>Milo</b> Cereal, Toast & Spreads Chop Chicken	<b>English Muffins</b> Cereal, Toast & Spreads	<b>Wholemeal Pancakes</b> Cereal, Toast & Spreads Defrost bread
Afternoon Tea	Spinach and Feta Turnovers	Pita Pizza ***	Chicken Fried Rice ***	Mac and Cheese	Sandwiches
Late Snack	Saladas with Spreads ***	Yoghurt and Fruit	Scones ***	Cruskits with spreads ***	Icy Poles

■ = 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

## TERM 1 WEEK 10 MENU

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

TERM 1 WEEK 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<b>Yoghurt</b> Cereal, Toast & Spreads	<b>Crumpets</b> Cereal, Toast & Spreads	<b>Banana Bread</b> Cereal, Toast & Spreads Chop chicken/Put on Slow cooker/Make Rice	<b>Smoothies</b> Cereal, Toast & Spreads Defrost bread	<b>Avo Toast</b> Cereal, Toast & Spreads Defrost sausages
Afternoon Tea	<b>Fried Rice</b> ***	<b>Pita Pizza</b> ***	Slow Cooked Chicken and rice bowls	<b>Toasties</b> ***	Sausage Rolls
Late Snack	Corn thins with spreads ***	Saos with spreads and cheese	<b>Anzac Biscuits</b> ***	Milo Slice	Dips, crackers and veggie sticks

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

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