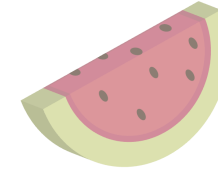


LINDFIELD ACTIVITY CENTRE

TERM 1 WEEK 1 MENU



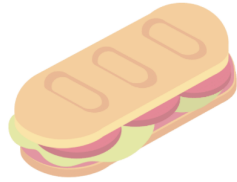
Fruit, veggies and water are available at all times

TERM 1 WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	VACATION CARE			Cereal, Toast & Spreads Hash Browns	Cereal, Toast & Spreads Orange Juice
Afternoon Tea				Cheesy Herb Bread	Pasta Bake
Late Snack				Decorated Arrowroots	Smartie Cookies ***

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

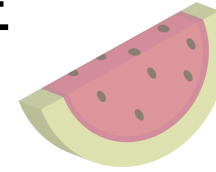
Meal Prep for next day					
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At Lindfield Activity Centre the children will enjoy healthy, wholesome meals catering to all individual needs and diets.



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 Yoghurt	Cereal, Toast & Spreads Baked Beans	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) ***	Bean Nachos	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

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

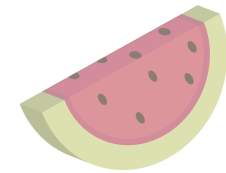
Meal Prep for next day					
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LINDFIELD ACTIVITY CENTRE

TERM 1 WEEK 3 MENU



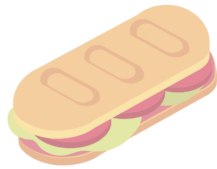
Fruit, veggies and water are available at all times

TERM 1 WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal, Toast & Spreads Yoghurt	Cereal, Toast & Spreads English Muffins	Cereal, Toast & Spreads Orange Juice	Cereal, Toast & Spreads Milo	Cereal, Toast & Spreads Hash Browns
Afternoon Tea	Teriyaki Chicken and Rice	Napoletana Pasta	English Muffin Pizzas ***	Honey Soy Noodles ***	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
 ■ = Child Suggestion

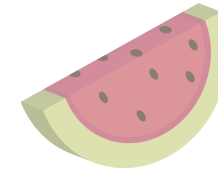
Meal Prep for next day					
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LINDFIELD ACTIVITY CENTRE

TERM 1 WEEK 4 MENU



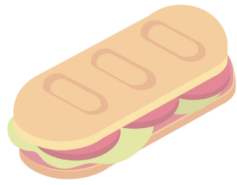
Fruit, veggies and water are available at all times

TERM 1 WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cheese Toasties Cereal Toast & Spreads	Crumpets Fruit, Cereal Toast & Spreads	Banana Pancake Bites Fruit, Cereal Toast & Spreads	Smoothies Fruit, Cereal Toast & Spreads	Bacon Fruit, Cereal Toast & Spreads
Afternoon Tea	Chicken Fried Rice ***	Sandwiches ***	Cheese and Vegemite Scrolls	Bean Nachos	Udon Noodle Stir Fry
Late Snack	Anzac Biscuits ***	Harry Potter Cupcakes *** ***	Milo Slice	Fairy Bread *** ***	Icy Poles ***

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

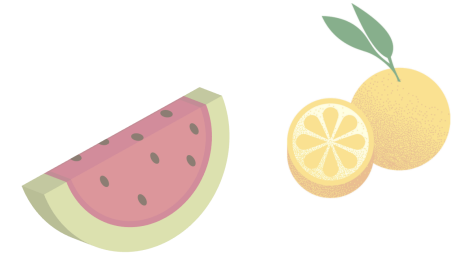
Meal Prep for next day					
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LINDFIELD ACTIVITY CENTRE

TERM 1 WEEK 5 MENU



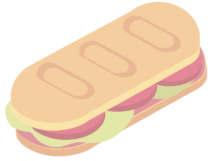
Fruit, veggies and water are available at all times

TERM 1 WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Porridge Fruit, Cereal Toast & Spreads	Baked Beans Fruit, Cereal Toast & Spreads	Milo Fruit, Cereal Toast & Spreads	Wholemeal Pancakes Fruit, Cereal Toast & Spreads	English Muffins 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 *** ***

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

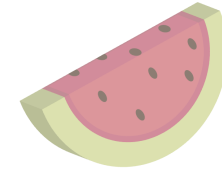
Meal Prep for next day					
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LINDFIELD ACTIVITY CENTRE

TERM 1 WEEK 6 MENU



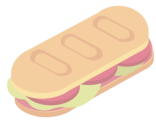
Fruit, veggies and water are available at all times

TERM 1 WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Avo Toast Cereal, Toast & Spreads	Milo Cereal, Toast & Spreads	Smoothies Cereal, Toast & Spreads	Bacon Cereal, Toast & Spreads	Yoghurt Cereal, Toast & Spreads
Afternoon Tea	South African Yellow Rice ***	Pepperoni Pizza Pockets *** ***	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 and Spreads ***

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

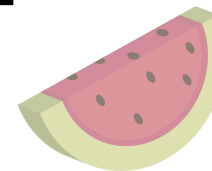
Meal Prep for next day					
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LINDFIELD ACTIVITY CENTRE

TERM 1 WEEK 7 MENU



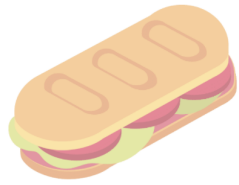
Fruit, veggies and water are available at all times

Term 1 Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Hash Browns Cereal, Toast & Spreads	Porridge Cereal, Toast & Spreads	Orange Juice Cereal, Toast & Spreads	Crumpets Cereal, Toast & Spreads	Avo Toast Cereal, Toast & Spreads
Afternoon Tea	Honey Soy Noodles	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

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

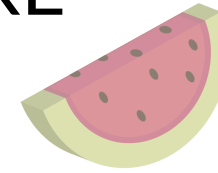
Meal Prep for next day					
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LINDFIELD ACTIVITY CENTRE

TERM 1 WEEK 8 MENU



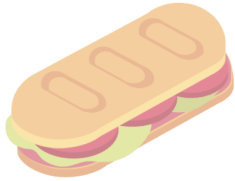
Fruit, veggies and water are available at all times

TERM 1 WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Crumpets Cereal, Toast & Spreads	English Muffins Cereal, Toast & Spreads	Milo Cereal, Toast & Spreads	Homemade granola and yoghurt Cereal, Toast & Spreads	Smoothies Cereal, Toast & Spreads
Afternoon Tea	Cheese and Vegemite Scrolls	Garlic and Cheese Naan	Mac and Cheese (Simple)	Swedish Meatballs ***	Pasta Bake
Late Snack	Smoothies	Strawberry Jam and Cream Puffs ***	Chocolate Dipped Banana Bites	Sakatas with Dip and Cheese	Frozen Yoghurt ***

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

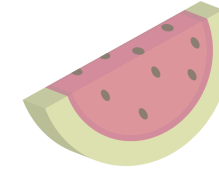
Meal Prep for next day					
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LINDFIELD ACTIVITY CENTRE

TERM 1 WEEK 9 MENU



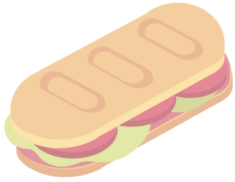
Fruit, veggies and water are available at all times

Term 1 Week 9	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Smoothies Cereal, Toast & Spreads	Crumpets Cereal, Toast & Spreads	Yoghurt Cereal, Toast & Spreads	Bacon Cereal, Toast & Spreads	Avo Toast 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 ***

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

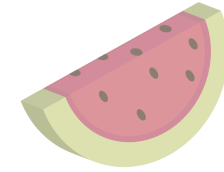
Meal Prep for next day					
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LINDFIELD ACTIVITY CENTRE

TERM 1 WEEK 10 MENU



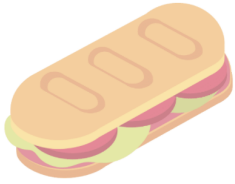
Fruit, veggies and water are available at all times

Term 1 Week 10	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal Pancakes Cereal, Toast & Spreads	Yoghurt Cereal, Toast & Spreads	Milo Cereal, Toast & Spreads	Cheese Toasties Cereal, Toast & Spreads	Porridge Cereal, Toast & Spreads
Afternoon Tea	Sushi	Spaghetti Bolognese ***	Teriyaki Chicken and Rice	Mini Pizzas ***	Cheese and Vegemite Scrolls
Late Snack	Veggie Sticks, Dip and Crackers	Cruskits with Spreads ***	Honey Joys ***	Choc Chip Raspberry Banana Bread	Icy Poles ***

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

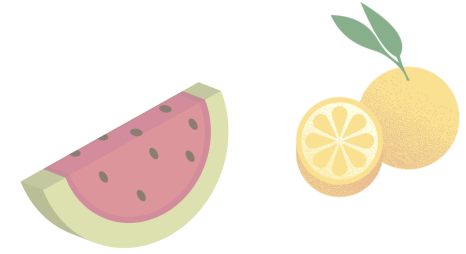
Meal Prep for next day					
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LINDFIELD ACTIVITY CENTRE

TERM 1 WEEK 11 MENU



Fruit, veggies and water are available at all times

Term 1 Week 11	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal Pancakes Cereal, Toast & Spreads	Yoghurt Cereal, Toast & Spreads	Milo Cereal, Toast & Spreads	Cheese Toasties Cereal, Toast & Spreads	Porridge Cereal, Toast & Spreads
Afternoon Tea	Sausage Sizzle	Spaghetti Bolognese ***	Udon Noodle Stir Fry	Potato Wedges ***	Garlic Bread
Late Snack	Fairy Floss + Veggie Sticks, Dip and Crackers	Cruskits with Spreads ***	Honey Joys ***	Scones	Ice Cream + Lollies Mash UP ***

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

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