

Lindfield Activity Centre Menu

Sports WEEK

(Commonwealth Game, 21/6 Tue World Music Day & 24/7 Thursday- Schools Tree Day)

*Fruit, veggies and water are available at all times

Term 3 Week 1 2026	Monday 20/07/26	Tuesday 21/07/26	Wednesday 22/07/26	Thursday 23/07/26	Friday 24/07/26
Breakfast	VACATION CARE	Crossiant Cereal, Toast & Spreads	Milo Cereal, Toast & Spreads	Hash Browns Cereal, Toast & Spreads	Orange Juice Cereal, Toast & Spreads
Afternoon Tea		Hot Buttered Corn Rice	Cheese Toasties	Ham & 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 beef	
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Music WEEK

(3/7-2/8 Commonwealth Game, 29/7 Asalha
Puja Day, 30/7 Thu International friendship day)

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 3 Week 2 2026	Monday27/07/26	Tuesday28/07/26	Wednesday29/07/26	Thursday30/07/26	Friday31/07/26
Breakfast	Yoghurt Cereal, Toast & Spreads	Pancake Cereal, Toast & Spreads	Cheese Toasties Cereal, Toast & Spreads	Pineapple Smoothies Cereal, Toast & Spreads	Hash Browns Cereal, Toast & Spreads
Afternoon Tea	Ramen Noodle Soup	Butter Chicken served with rice	Garlic Cheese Pizza	Vegetable Biryani	Garlic Noodles
Late Snack	Banana Bread	Sao with spreads	Strawberry Wafers	Coconut Biscuits	Strawberry Jam Puff

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

Meal Prep for next day	Defrost chicken				
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Movie WEEK

7/8/26 Fri Jeans for Genes Day, 4/8/26 Tue

National Aboriginal & Torres Islander Children's day,

3/8/26 Mon - 9/8/26 Sun, Dental Health Week,

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 3 Week 3 2026	Monday ^{03/08/26}	Tuesday ^{04/08/26}	Wednesday ^{05/08/26}	Thursday ^{06/08/26}	Friday ^{07/08/26}
Breakfast	Orange Juice Cereal, Toast & Spreads	Wholemeal Pancakes Cereal, Toast & Spreads	Avo Toasts Cereal, Toast & Spreads	Granola & Yoghurt Cereal, Toast & Spreads	Crossiant Cereal, Toast & Spreads +
Afternoon Tea	Spanakopita (Spinach and Feta Puff)	Ginger Chicken served with Plain Rice	Udon Noodle Soup	Wedges	Sushi Roll (Avocado, Cucumber, Chicken)
Late Snack	Cruskits with spreads	Corn Chip	Rockey Road	Carrot Cake	Anzac Biscuits

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

Meal Prep for next day	Prep: Defrost Chicken				
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Festivals Week (Sun 9/8/26 International Day of the
World’s Indigenous People, Wed
12/8 World Elephant day)

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 3 Week 4 2026	Monday10/08/26	Tuesday11/08/26	Wednesday12/08/26	Thursday 13/08/26	Friday14/08/26
Breakfast	Cheese Toasties 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	Pasta with Creamy Zucchini Sauce	Okinawan Taco Rice	Pasta Bake	Bean Nachos	Margarita Pizza
Late Snack	Vanilla Wafers	Ritz and Cheese	Jelly	Corn Thin with spread	Rice Cracker

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

Meal Prep for next day	Defrost Beef mince	Prepare Jelly			
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Food Week (17/8/26- 21/8/26

Special days: 15/8/26-23/8/26 National Science Week)

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 3 Week 5 2026	Monday ^{17/08/26}	Tuesday ^{18/08/26}	Wednesday ^{19/08/26}	Thursday ^{20/08/26}	Friday ^{21/08/26}
Breakfast	Smoothies Fruit, Cereal Toast & Spreads	Yoghurt Fruit, Cereal Toast & Spreads	Cheese Toasts Fruit, Cereal Toast & Spreads	Orange Juice 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	Stir Fried Udon Noodle
Late Snack	Saladas with spread	Honey Joy	Chocolate Crackles	Pop Corn	Sao with spread

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 ■ = Preparation
 ■ = Activity with Children
 ■ = Child Suggestions
 ■ = Culture Meal

Meal Prep for next day					
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Lindfield Activity Centre Menu

Art WEEK 22/8/26-28/8/26 Children's book week,

Thu 27/8/26 Red Nose Day, Fri 8/26 Daffodil Day, Wed 26/8/26 La tomatina (Spain)

Fruit, veggies and water are available at all times

Term 3 Week 6 2026	Monday 24/08/26	Tuesday 25/08/26	Wednesday 26/08/26	Thursday 27/08/26	Friday 28/08/26
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	Chicken Tikka Masala served with rice	Lemon Potato Salad	Mac and Cheese	Garlic Cheese Pizza
Late Snack	Coconut and banana cake	Corn Chip	Fairy Bread	Rice Crackers with cheese	Apple Pie

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

Meal Prep for next day	Prep: Defrost Chicken				
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Book Week 1/9/26 -30/9/26 Save the Koala
 Month, 1/9-7/9 Asthma Week, 2/9 Early
 Childhood Educators' Day, 3/9 Indigenous Litera

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Fruit, veggies and water are available at all times

Term 3 Week 7 2026	Monday ^{31/08/26}	Tuesday ^{01/09/26}	Wednesday ^{02/09/26}	Thursday ^{03/09/26}	Friday ^{04/09/26}
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	Chicken Souvlaki served with Rice	Pesto Pasta	Roasted Vegan Mayo Potato Salad	Teriyaki Beef served with Rice	Bibimbap Rice
Late Snack	Sao with spreads	Cinnamon Brown Sugar Twisties	Pakistani Buttery Cookies	Jelly	Cruskits with spread

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

Meal Prep for next day			Prep: Jelly Prep: Defrost Beef	Defrost Beef	
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Fashion Week (8/9 International Literacy

Lindfield Activity Centre Menu

Day, 10/9 R U OK? Day)

Fruit, veggies and water are available at all times

Term 3 Week 8 2026	Monday07/09/26	Tuesday08/09/26	Wednesday09/09/26	Thursday10/09/26	Friday11/09/26
Breakfast	Orange Juice Cereal, Toast & Spreads	Wholemeal Pancakes Cereal, Toast & Spreads	Avo Toast Cereal, Toast & Spreads	Granola & Yoghurt Cereal, Toast & Spreads	Crossiant Cereal, Toast & Spreads +
Afternoon Tea	Napoletana Pasta	Vegemite Cheese Scrolls	Spagetthi Bolohnese	Hot Chips	Sushi Roll (Avocado, Cucumber, Chicken)
Late Snack	Saladas with spread	Corn thins with Spreads	Strawberry Wafers	Honey Joys	Rice Crackers

■ = Vegetarian Option
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Meal Prep for next day		Defrost Beef			
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Nature Week

Sun 12/9 World First Aid Day,
19/9 International Day Talk like a Pirate

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Fruit, veggies and water are available at all times

Term 3 Week 9 2026	Monday ^{14/09/26}	Tuesday ^{15/09/26}	Wednesday ^{16/09/26}	Thursday ^{17/09/26}	Friday ^{18/09/26}
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	South African Yellow Rice	Udon Noodle Soup	Honey Chicken served with Rice	Korean Japchae Noodle	Ginger Chicken Rice
Late Snack	Scones	Milo Slice	Ritz and Cheese	Cruskits with spreads	Mango Lassi

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

Meal Prep for next day		Defrost chicken		Defrost chicken	
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Holiday Week (26/9 World Maritime Day)

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Fruit, veggies and water are available at all times

Term 3 Week 10 2026	Monday ^{21/09/26}	Tuesday ^{22/09/26}	Wednesday ^{23/09/26}	Thursday ^{24/09/26}	Friday ^{25/09/26}
Breakfast	Milo Fruit, Cereal Toast & Spreads	Yoghurt Fruit, Cereal Toast & Spreads	Cheese Toasts Fruit, Cereal Toast & Spreads	Oranje Juice Fruit, Cereal Toast & Spreads	Wholemeal Pancakes Fruit, Cereal Toast & Spreads
Afternoon Tea	Ramen Noodle Soup	Okinawan Taco Rice	Teriyaki Chicken served with Plain Rice	Sushi Rolls (Toppings: Cucumber, Teriyaki Chicken, Avocado,, Carrots)	Sausage Sizzles
Late Snack	Rice Bubbles Slice	Pop Corn	Vanilla Wafers	Anzac Biscuits	Decorating Arrowroot Biscuits

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 ■ = Preparation
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 ■ = Culture

Meal Prep for next day	Defrost beef	Defrost Chicken			
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