

Breakfast 7am - 8:15am
Cooked Breakfast Finishes @ 8:00am
Afternoon Tea 3pm - 3:15pm
Second afternoon Tea 4:00pm - 4:30pm

WEEKLY MENU

Term 4 Week 2
12th October - 16th October

NATIONAL NUTRITION WEEK 2026

Love what you eat.

Food is more than fuel.

This week we're celebrating how food brings us together! We'll explore flavours inspired by cultures around the world, share meals with our friends and discover how different foods help give us energy, support our growing muscles and keep our tummies happy. Food is more than just fuel – it's about culture, connection and enjoying time together!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST MENU

**Berry, Honey & Banana
Blast Smoothie**



Scrambled Eggs on Toast



**Muscle-supporting
Brain-fuelling**

Banana Oat Pancakes



Muscle-supporting

**Cheesy Baked Beans on
Toast**



Gut-loving Fibre

Big Breakfast Feast



Brings people together

Each day children will have breakfast options of:

Selection of toast & cereals
Fruit juice
Yoghurt
(GF & DF, pork free and vegetarian
alternatives available)

 **Muscle-supporting:** Packed with protein to help our muscles grow and repair!

 **Energy-giving:** Provides fuel to keep us learning, exploring and playing!

 **Gut-loving:** Full of fibre to support healthy digestion and happy tummies!

 **Brain-fuelling:** Provides important nutrients to support healthy brain function and learning!

AFTERNOON TEA MENU

**Indian inspired Butter
Chicken Rice**



connects us to culture

Tuna Pasta Bake



**Energy-giving
Brain Fuelling**

Ham & Cheese Scrolls



**Muscle-supporting
Brain Fuelling**

Gingerbread Muffins



**Connects us to culture
Parent Choice**

Wrap Bar



Wellbeing & Connection

Each day children will have afternoon tea options of:

Fruit/Veg Platter: Children have the choice of a variety of fruit & vegetables (e.g. apples, oranges, pears, melon, carrots, cucumber, tomatoes, celery). Fruit/Veg can change depending on season & availability.

Daily Fruit/Veg will be displayed on the Daily Program Board

Dip & GF Crackers

(GF & DF, pork free and vegetarian alternatives available)

Term 4 Week 2

12th October - 16th October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

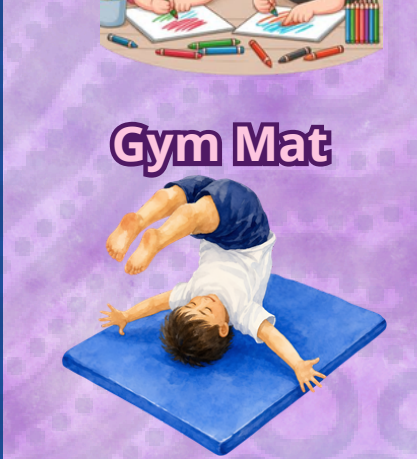
FRIDAY

BEFORE SCHOOL CARE

Wellness Club
with Nao
**Paper Squishy
Dumplings**



Loom Bands



This program is subject to change due to weather, children's requests and staffing arrangements.

MONDAY

TUESDAY

WEDNESDAY

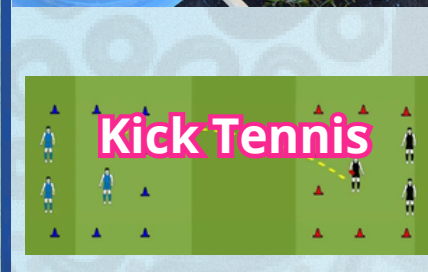
THURSDAY

FRIDAY

AFTER SCHOOL CARE

**Candle
Decorating**

AFL



**PARENTS
& KIDS
FEEDBACK**

Tell us what you think
of our program!

