



Ermington OOSH

BREAKFAST 7:00-8:15AM



Cereals: Sultana Bran, WeetBix, Rice Bubbles, WeetBix Bites, Cheerios, Rice Puffs, Corn Flakes
 Breads: Wholemeal Bread, Raisin, Crumpets, English Muffins
 Spreads: Honey, Vegemite (or variations), Butter, Assorted Jams, Biscoff
 Beverages Options: Water, Skim Milk, Juice



plus any alternative options that are necessary due to religious requirements or dietary needs*

AFTERNOON TEA 3:10- 4:00PM

Fruit Served Daily: Watermelon, Strawberries, Blackberries, Banana, Oranges, Apples, Grapes, Pears, Rockmelon, Pineapple, Mandarin, Blueberries

Veg Served Daily: Carrots, Cucumber

Beverage Options: Water

****Some Fruits are seasonal or may be unavailable at times****

Alternative options for those with Dietary or Religious requirement



WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish: Rainbow Wraps Wraps, Chicken, Ham, Salami, Lettuce, Tomato, Cheese, Cucumber, sauce (Vegetarian Option)	Main Dish: Fried Rice Rice, Bacon, Garlic, Mixed Veggies and Soy sauce (Vegetarian Option)	Main Dish: Rice Cakes and Spreads Honey, Jam, Vegemite, Butter, Rice cakes (Vegetarian)	Main Dish: Cottage Pie Mince, Potato, Mixed Veggies, Cheese, Tomato/BBQ sauce (Vegetarian Option)	Main Dish: Chips, Dips, Carrot Sticks Chips, Assorted Dips, Carrots, Cucumber (Vegetarian)

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish: Sausage Sizzle Beef Sausages, Bread, Sauce (Vegetarian Option)	Main Dish: Rainbow Wraps Wraps, Chicken, Ham, Salami, Lettuce, Tomato, Cheese, Cucumber, sauce (Vegetarian Option)	Main Dish: Lasagna Beef Mince, Lasagna sauce, cheese (Vegetarian Option)	Main Dish: Butter Chicken Chicken, butter chicken sauce, onions, garlic, rice (Vegetarian Option)	Main Dish: Sausage Rolls Beef mince, Carrots, Garlic, Breadcrumbs, Onions, Pastry (Vegetarian Option)

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish: Scrolls Tomato paste (pizza), Ham, Cheese, Vegemite, Pastry (Vegetarian Option)	Main Dish: Chips, Dips, Carrot Sticks Chips, Assorted Dips, Carrots, Cucumber (Vegetarian)	Main Dish: Bangers and Mash Potato Beef Sausages, Potatoes, Margarine (Vegetarian Option)	Main Dish: Nachos Corn Chip, Mince, Avocado, Salsa, Sour Cream (Vegetarian Option)	Main Dish: Antipasto Ham, Salami, Chicken, Olives, Bread sticks, Sun-dried tomato, Wraps, Dips (Vegetarian Option)



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