Ermington OOSH

BREAKFAST 7:00-8:15AM



Cereals: Nutrigrain, WeetBix, Rice Bubbles, WeetBix Bites, Cheerios, Rice Puffs, Corn Flakes
Breads: Wholemeal Bread, Raisin Bread, Crumpets, English Muffins
Spreads: Honey, Vegemite (or variations), Butter, Assorted Jams, Biscoff
Beverages Options: Water, Lite Milk, Oat 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, Raspberries, Kiwi
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: Sausage Sizzle** Beef Sausages, Bread, Sauce (Vegetarian Option)	**Main Dish: Honey Soy Chicken** Chicken, Honey, Soy Sauce, Vegetables, Onions, Garlic, Rice (Vegetarian Option)	**Main Dish: Chips, Dips, Carrot Sticks** Chips, Assorted Dips, Carrots, Cucumber (Vegetarian)	**Main Dish: Yogurt Snaps** Yogurt, Frozen Berries/Fruit (Vegetarian)

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish: Antipasto Ham, Salami, Chicken, Olives, Bread Sticks, Sun-dried tomato, Wraps, Dips (Vegetarian Option)	**Main Dish: Chicken Stir-fry Noodles** Chicken, Noodles, Frozen Vegetables (Vegetarian Option)	**Main Dish: Chips, Dips, Carrot Sticks** Chips, Assorted Dips, Carrots, Cucumber (Vegetarian)	**Main Dish: Sausage Sizzle** Beef Sausages, Bread, Sauce (Vegetarian Option)	**Main Dish: Scrolls** Tomato Paste (Pizza), Ham, Cheese, Vegemite, Pastry (Vegetarian Option)

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish: Sausage Sizzle Beef Sausages, Bread, Sauce (Vegetarian Option)	**Main Dish: Nachos** Corn Chip, Mince, Avocado, Salsa, Sour Cream (Vegetarian Option)	**Main Dish: Rainbow Wraps** Wraps, Chicken, Ham, Salami, Lettuce, Tomato, Cheese, Cucumber, Sauce (Vegetarian Option)	**Main Dish: Pasta Bake** Pasta, Pasta Sauce, Tuna, Cheese (Vegetarian Option)	**Main Dish: Sausage Rolls** Beef mince, Carrots, Garlic, Breadcrumbs, Onions, Pastry (Vegetarian Option)

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