

PARRAMATTA EAST OSHC CENTRE MENU TERM 2 2011

BREAKFAST

Breakfast is served daily at the Centre, between 7.30 and 8.30am. This consists of fruit, cereal and/or toast. Sometimes eggs, bacon or pancakes are cooked with the children. Children are offered water or milk to drink, with Milo/drinking chocolate in the cold weather.

AFTERNOON TEA

Drinking water is available to the children at all times

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Chicken noodle soup	Pita pockets <i>with salad, cheese and ham.</i>	Jatz, spreads, cheese and dried fruit	Homemade Minestrone soup	Assorted Sandwiches <i>(tuna, egg, salad, cheese. Spreads)</i>
Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
**Surprise menu using children's suggestions	Homemade chicken and sweetcorn soup	Mini Pizza Muffins <i>Cheese, capsicum tomatoes</i>	Assorted sandwiches <i>With ham, cheese and salads</i>	Pasta Napoletana <i>Penne pasta with tomato and veg sauce and cheese</i>
Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
Week 2				
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Assorted sandwiches <i>With ham, tuna, cheese and salads</i>	Jatz, cheese and dried fruit	Chicken noodles and mixed vegies	Burritos <i>Beans, beef, cheese, salsa</i>	**Surprise menu using children's suggestions
Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
Week 3				
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Homemade Pumpkin Soup <i>With grated cheese and rolls</i>	Lebanese bread with assorted fillings <i>Cheese, tomatoes, ham, lettuce etc</i>	Nachos <i>Corn chips with beans, beef, tomato and cheese</i>	Raisin toast Yoghurt	Fried rice with ham and vegies
Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk