TSC Breakfast Menu

Served from 6:30am-7:45am In term time only

We provide a balanced daily. breakfast for the children consisting of:

Self-serve

Fresh fruit upon request
Toast- Vegemite, Honey, jam
Cereal- Wheatbix, Kelloggs plus
berry, Cornflakes, Rice Bubbles

Egg station
Yoghurt cups upon request
Drinks- Water and milk

We have chosen to do breakfast this way to minimise food waste and provide better-balanced breakfast options. Breakfast works as self-service to promote self-help skills, apart from the egg station where the educator is there to assist.

Week 1 Summer Menu

TUESDAY MONDAY WEDNESDAY **Spaghetti** Vita wheats Sorbet with vegimite bolognese Served in a cone and cheese with or wholemeal cream cheese and cumcumber pasta FRIDAY THURSDAY SUPPER Rice crackers **Sandwiches** San choy bow cheese with in lettuce Ham, cheese, dried fruit cups tomato on Served at 5:30pm wholemeal each afternoon bread

All afternoon teas are served with a fruit and veggie tray and water.

Fruit trays: Watermelon, apple, oranges, pear, cheese, carrot, cucumber, celery and other seasonal fruits.

Week 2 Summer Menu

TUESDAY MONDAY WEDNESDAY **Sandwiches** Vita wheats **Spaghetti** with vegimite Ham, cheese, bolognese and cheese tomato on with or wholemeal wholemeal cream cheese and cumcumber bread pasta FRIDAY THURSDAY SUPPER Rice crackers San choy bow Sorbet cheese with in lettuce Served in a cone dried fruit cups Served at 5:30pm each afternoon

All afternoon teas are served with a fruit and veggie tray and water.

Fruit trays: Watermelon, apple, oranges, pear, cheese, carrot, cucumber, celery and other seasonal fruits.

* Week 3 Summer Menu

TUESDAY MONDAY WEDNESDAY **Spaghetti Sandwiches** San choy bow bolognese Ham, cheese, in lettuce with tomato on cups wholemeal wholemeal pasta bread FRIDAY THURSDAY SUPPER Vita wheats Rice crackers Sorbet with vegimite cheese with Served in a cone and cheese dried fruit or Served at 5:30pm cream cheese each afternoon and cumcumber

All afternoon teas are served with a fruit and veggie tray and water.

Fruit trays: Watermelon, apple, oranges, pear, cheese, carrot, cucumber, celery and other seasonal fruits.

Week 4 Summer Menu

TUESDAY MONDAY WEDNESDAY Sandwiches San choy bow Sorbet Ham, cheese, in lettuce Served in a cone tomato on cups wholemeal bread FRIDAY THURSDAY SUPPER Vita wheats **Spaghetti** Rice crackers with vegimite bolognese cheese with and cheese dried fruit with or cream cheese Served at 5:30pm wholemeal and cumcumber each afternoon pasta

All afternoon teas are served with a fruit and veggie tray and water.

Fruit trays: Watermelon, apple, oranges, pear, cheese, carrot, cucumber, celery and other seasonal fruits.

Week 5 Summer Menu

TUESDAY MONDAY WEDNESDAY Vita wheats San choy bow Sorbet with vegimite in lettuce Served in a cone and cheese cups or cream cheese and cumcumber THURSDAY FRIDAY SUPPER **Sandwiches** Rice crackers **Spaghetti** Ham, cheese, cheese with bolognese

dried fruit

Served at 5:30pm

each afternoon

All afternoon teas are served with a fruit and veggie tray and water.

with

wholemeal

pasta

tomato on

wholemeal

bread

Fruit trays: Watermelon, apple, oranges, pear, cheese, carrot, cucumber, celery and other seasonal fruits.