

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

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

All recipes used are available on request.

Week 2 Summer Menu

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

All recipes used are available on request.

Week 3 Summer Menu

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

All recipes used are available on request.

Week 4 Summer Menu

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

All recipes used are available on request.

Week 5 Summer Menu

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

All recipes used are available on request.