

AFTER SCHOOL CARE MENU

TERM 1 WEEK 5

MONDAY

YOGHURT + FRUIT



Ingredients

Low fat vanilla yoghurt, raspberries, blueberries, strawberries and muesli

Suggested by: Charlotte

TUESDAY

HEALTHY MAC AND CHEESE



Ingredients

Macaroni, cauliflower, zucchini, butter, plain flour, onion, **bacon**, milk, **cheese**.

Suggested by: Charlie

WEDNESDAY

CHICKEN WRAPS



Ingredients

Shredded chicken, lettuce, tomato, cucumber, low fat cheese, greek yoghurt, wrap.

Suggested by: Cohen

THURSDAY

STRAWBERRY CRUMBLE BARS



Ingredients

Egg, butter, **brown sugar**, vanilla, flour, rolled oats, strawberries.

Suggested by: Lilly

FRIDAY

VEGE STICKS AND DIPS



Ingredients

Capsicum, celery, carrot, cucumber, hummus and tzatziki.

Suggested by: Holly

SMART CHOICES FOOD AND DRINK CATEGORIES

Green 'have plenty'

Amber 'select carefully'

Red 'occasional'

HEALTHY RECIPE IDEA OF THE WEEK

Chicken curry for kids
- Veggie loaded!

SEASONAL FRUIT AVAILABLE

Apples, bananas, strawberries, watermelon, nectarines, peaches, plums.