

# **TERM 1 MENU CALENDARS**

## CARDINAL MCKEEFRY SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | February  | March   | April  |
|------|---|---|--|
| 1    | Wraps<br>Nachos<br>Pizza<br>Mini Quiche<br>Fruit Pastries + Chilled Fruit and Custard | Sushi<br>Pizza<br>Samosas<br>Nachos<br>Fruit Pastries   | Hot Cross Buns<br>Wedges<br>Nachos<br>French Toast<br>Fruit Pastries + Wraps |
| 2    | Wraps<br>Nachos<br>Pizza<br>Mini Quiche<br>Fruit Pastries + Chilled Fruit and Custard | Pancakes<br>Spaghetti with Cheesy Sauce<br>Wedges and Chilli<br>Fried Rice<br>Pizza + Mini Quiche | Hot Cross Buns<br>Wedges<br>Nachos<br>French Toast<br>Fruit Pastries + Wraps |
| 3    | Ambrosia<br>Wedges and Chilli<br>Pancakes<br>Mouse Traps<br>Wraps                     | Pancakes<br>Spaghetti with Cheesy Sauce<br>Wedges and Chilli<br>Fried Rice<br>Pizza + Mini Quiche | (Cub's Choice)   |
| 4    | Ambrosia<br>Wedges and Chilli<br>Pancakes<br>Mouse Traps<br>Wraps                     | Wraps<br>Custard and Dippers<br>Nachos<br>Wedges<br>Corn Rolls                                    | (End of Term)  |

\*Menu Subject to Change

## RIDGWAY SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | February   | March  | April  |
|------|--|--|--|
| 1    | Mild Chilli Bean Nachos<br>Peanut Butter and Jam Sandwiches<br>Chilli Bean Wraps<br>Daily Fruit: Strawberries + Pear<br>Daily Veggies: Cucumber + Capsicum                             | Canned Pumpkin Soup with toast<br>Pre-popped Popcorn<br>Guacamole on French Bread<br>Daily Fruit: Pineapple + Nectarines<br>Daily Veggies: Capsicum + Carrot                           | Bagels with spreads<br>Salami and Hummus Sandwiches<br>Frozen Berries and Yogurt<br>Daily Fruit: Watermelon + Grapes<br>Daily Veggies: String Beans + Corn   |
| 2    | Vegan GF Spaghetti Bolognese + Cheese<br>Chicken + Cheese Sandwiches<br>Pre-popped Popcorn<br>Daily Fruit: Apple + Kiwifruit<br>Daily Veggies: Carrot + Celery                         | Mild Chilli Bean Nachos<br>Peanut Butter and Jam Sandwiches<br>Chilli Bean Wraps<br>Daily Fruit: Strawberries + Pear<br>Daily Veggies: Cucumber + Capsicum                             | Canned Pumpkin Soup with toast<br>Pre-popped Popcorn<br>Guacamole on French Bread<br>Daily Fruit: Pineapple + Nectarines<br>Daily Veggies: Capsicum + Carrot |
| 3    | Crackers with Cheese + variety of dips<br>Sour Cream and Chive Rice Cakes<br>Pikelets with butter and jam<br>Daily Fruit: Banana + Oranges<br>Daily Veggies: Cherry Tomatoes + Avocado | Vegan GF Spaghetti Bolognese + Cheese<br>Chicken + Cheese Sandwiches<br>Pre-popped Popcorn<br>Daily Fruit: Apple + Kiwifruit<br>Daily Veggies: Carrot + Celery                         | Mild Chilli Bean Nachos<br>Peanut Butter and Jam Sandwiches<br>Chilli Bean Wraps<br>Daily Fruit: Strawberries + Pear<br>Daily Veggies: Cucumber + Capsicum   |
| 4    | Bagels with spreads<br>Salami and Hummus Sandwiches<br>Frozen Berries and Yogurt<br>Daily Fruit: Watermelon + Grapes<br>Daily Veggies: String Beans + Corn                             | Crackers with Cheese + variety of dips<br>Sour Cream and Chive Rice Cakes<br>Pikelets with butter and jam<br>Daily Fruit: Banana + Oranges<br>Daily Veggies: Cherry Tomatoes + Avocado | (End of Term)  |

\*Menu Subject to Change

## OWHIRO BAY SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | February  | March   | April   |
|------|---|---|---|
| 1    | Beef Mince Nachos (Bean + Cheese)<br>Ham + Cheese + Vege Sandwiches<br>2-Minute Noodles + Yogurt<br>Bean + Vege Tortilla Wraps<br>Fruits              | Crackers & Dips + Cheese + Fruits + Vege<br>Pizza<br>Vege Sushi<br>Vermicelli Vege Spring Rolls<br>Fruit Kebabs + Yogurt                              | Crackers & Dips + Cheese + Fruits + Vege<br>Pasta and Cheese<br>Mini Burger + Fruits<br>Pikelets or Pancakes + Honey<br>Vege Fried Rice (Ham/Chicken) |
| 2    | Crackers & Dips + Cheese + Fruits + Vege<br>Pizza<br>Vege Sushi<br>Vermicelli Vege Spring Rolls<br>Fruit Kebabs + Yogurt                              | Crackers & Dips + Cheese + Fruits + Vege<br>Pasta and Cheese<br>Mini Burger + Fruits<br>Pikelets or Pancakes + Honey<br>Vege Fried Rice (Ham/Chicken) | Beef Mince Nachos (Bean + Cheese)<br>Ham + Cheese + Vege Sandwiches<br>2-Minute Noodles + Yogurt<br>Bean + Vege Tortilla Wraps<br>Fruits              |
| 3    | Crackers & Dips + Cheese + Fruits + Vege<br>Pasta and Cheese<br>Mini Burger + Fruits<br>Pikelets or Pancakes + Honey<br>Vege Fried Rice (Ham/Chicken) | Beef Mince Nachos (Bean + Cheese)<br>Ham + Cheese + Vege Sandwiches<br>2-Minute Noodles + Yogurt<br>Bean + Vege Tortilla Wraps<br>Fruits              | Crackers & Dips + Cheese + Fruits + Vege<br>Pizza<br>Vege Sushi<br>Vermicelli Vege Spring Rolls<br>Fruit Kebabs + Yogurt                              |
| 4    | Beef Mince Nachos (Bean + Cheese)<br>Ham + Cheese + Vege Sandwiches<br>2-Minute Noodles + Yogurt<br>Bean + Vege Tortilla Wraps<br>Fruits              | Crackers & Dips + Cheese + Fruits + Vege<br>Pizza<br>Vege Sushi<br>Vermicelli Vege Spring Rolls<br>Fruit Kebabs + Yogurt                              | (End of Term)   |

\*Menu Subject to Change

## WESTERN SUBURBS RUGBY CLUB MENU CALENDAR AFTER SCHOOL CARE

| Week | February   | March   | April  |
|------|--|---|--|
| 1    | Crackers and Dip<br>Sandwiches and Fruit<br>Spring Rolls<br>Sushi and Fruit<br>Pasta Salad with Lettuces + Veges           | Sandwiches and Fruit<br>Fruit Kebabs and Yoghurt<br>Pasta Salad and Fruit<br>Cheese and Crackers + Dip<br>Sushi and Fruit           | Sandwiches and Fruit<br>Corn Thins with Fillings + Fruit<br>Fried Rice with Lettuce + Carrot<br>Ambrosia<br>Fruit Salad and Yoghurt. |
| 2    | Crackers and Dip<br>Sandwiches and Fruit<br>Sushi and Fruit<br>Spring Rolls and Fruit<br>Pasta Salad with Lettuces + Veges | Sandwiches and Fruit<br>Fruit Kebabs and Yoghurt<br>Pasta Salad and Fruit<br>Cheese and Crackers + Dip<br>Samosa and Salad          | Cheese and Crackers + Dip<br>Fruit Kebabs and Yoghurt<br>Sandwiches and Fruit<br>Wraps and Fruit<br>Party Food                       |
| 3    | Corn Thins and Spreads<br>Wraps and Fruit<br>Fruit Kebabs and Yoghurt<br>Fried Rice with Lettuce Salad<br>Ambrosia         | Cheese/Savoury Scones with Fruit<br>Wraps with Fruit<br>Ambrosia<br>Spring Rolls and Fruit<br>Cheese Balls + Vege Sticks + Crackers | (Cub's Choice)   |
| 4    | Corn Thins and Spreads<br>Wraps and Fruit<br>Fruit Kebabs and Yoghurt<br>Fried Rice with Lettuce Salad<br>Ambrosia         | Corn Thins with Fillings + Fruit<br>Sandwiches and Fruit<br>Fried Rice with Lettuce + Carrot<br>Ambrosia<br>Fruit Salad + Yoghurt   | (End of Term)  |

\*Menu Subject to Change



## BERHAMPORE SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | February  | March   | April   |
|------|---|---|---|
| 1    | Nachos (Bean + Cheese + Avocado)<br>Pumpkin Soup + Bread<br>Vegetables + 2-Min Noodles<br>Sandwiches (PB + Jam + Salami)<br>Popcorn + Celery + Carrots + Fruits | Cheese Toasties<br>Wraps + Nachos<br>Pizza<br>Pikelets + Honey<br>Fruits  | Sausage Rolls + Fruits<br>Bean Toasties<br>Soup + Buttered Bread<br>Fish Fingers<br>Sandwiches + Milo |
| 2    | Pasta + Cheese<br>Banana Toast + Veges + Mini Burger<br>Pikelets + Honey<br>Tortilla Wraps (Bean + Vege)<br>Fruits  | Nachos (Bean + Cheese + Avocado)<br>Pumpkin Soup + Bread<br>Vegetables + 2-Min Noodles<br>Sandwiches (PB + Jam + Salami)<br>Popcorn + Celery + Carrots + Fruits | Cheese Toasties<br>Wraps + Nachos<br>Pizza<br>Pikelets + Honey<br>Fruits                              |
| 3    | Crackers + Dips + Cheese<br>Pizza + 100s and 1000s<br>Fruit/Vege Salad + Carrots + Celery<br>Popcorn + Crackers + Cheese<br>Fruit Kebabs + Vege                 | Pasta + Cheese<br>Banana Toast + Veges + Mini Burger<br>Pikelets + Honey<br>Tortilla Wraps (Bean + Vege)<br>Fruits  | (Cub's Choice)  |
| 4    | Sausage Rolls + Fruits<br>Bean Toasties<br>Soup + Buttered Bread<br>Fish Fingers<br>Sandwiches + Milo   | Crackers + Dips + Cheese<br>Pizza + 100s and 1000s<br>Fruit/Vege Salad + Carrots + Celery<br>Popcorn + Crackers + Cheese<br>Fruit Kebabs + Vege                 | (End of Term)   |

\*Menu Subject to Change

# **TERM 2 MENU CALENDARS**

## BERHAMPORE SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | May   | June   | July   |
|------|---|--|--|
| 1    | Fried Rice<br>Vegetable Salad<br>Crackers + Dip<br>Vegetables & Hummus<br>Pancakes    | Fruit & Veg<br>Beans on Toast<br>Vegetables & Hummus<br>Sandwiches & Fruit<br>Pancakes | Nachos<br>Soup<br>Pizza<br>Fruit Salad<br>Popcorn                                      |
| 2    | Cheese Quesadillas<br>Fruit & Veg<br>Spaghetti + Toast<br>Soup & Bread<br>Fruit Salad | Cheese Quesadillas<br>Fruit & Veg<br>Spaghetti + Toast<br>Soup & Bread<br>Fruit Salad  | Fruit & Veg<br>Beans on Toast<br>Vegetables & Hummus<br>Sandwiches & Fruit<br>Pancakes |
| 3    | Pasta & Tomato<br>Bean Nachos<br>Fruit & Veg<br>Crackers + Dip + Cheese<br>Pikelets   | Pasta & Tomato<br>Bean Nachos<br>Fruit & Veg<br>Crackers + Dip + Cheese<br>Pikelets    | (Cub's Choice)   |
| 4    | Nachos<br>Soup<br>Pizza<br>Fruit Salad<br>Popcorn                                     | Fried Rice<br>Vegetable Salad<br>Crackers + Dip<br>Vegetables & Hummus<br>Pancakes     | (End of Term)  |

\*Menu Subject to Change

## CARDINAL MCKEEFRY SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | May   | June  | July  |
|------|---|---|---|
| 1    | Cheesy Pasta<br>Toasted Sandwiches<br>Fried Rice<br>Nachos + Beans        | Custard + Stewed Fruit<br>Mouse Traps<br>Ambrosia<br>Cheesy Pasta | Porridge + Fruit<br>Toasted Sandwiches<br>Nachos + Beans<br>Custard + Compote Crumble |
| 2    | Cheesy Pasta<br>Toasted Sandwiches<br>Fried Rice<br>Nachos + Beans        | Custard + Stewed Fruit<br>Mouse Traps<br>Ambrosia<br>Cheesy Pasta | Porridge + Fruit<br>Toasted Sandwiches<br>Nachos + Beans<br>Custard + Compote Crumble |
| 3    | Sushi<br>Wraps<br>Fried Rice<br>Salsa Dip + Vegetables<br>Dips + Crackers | Fruit Compote + Crumble<br>Fried Rice<br>Soup + Soldiers<br>Wraps | (Cub's Choice)  |
| 4    | Sushi<br>Wraps<br>Fried Rice<br>Salsa Dip + Vegetables<br>Dips + Crackers | Fruit Compote + Crumble<br>Fried Rice<br>Soup + Soldiers<br>Wraps | (End of Term)   |

\*Menu Subject to Change

# OWHIRO BAY SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | May   | June  | July  |
|------|---|---|---|
| 1    | Nachos (Beans + Cheese)<br>2 Minute Noodles + Fruits & Veges<br>Sandwiches (PB, Jam, Marmite) + Milo<br>Popcorn + Fruits & Veges<br>Vege Fried Rice (Ham/Chicken) | 2 Minute Noodles + Fruits & Veges<br>Cheese Toasties<br>Soup<br>Pizza<br>Pikelets + Honey + Milo                | Ham + Cheese Toasties + Milo<br>Nachos<br>Soup + Bread<br>Fish Fingers + Fruits<br>Pasta + Cheese               |
| 2    | Pasta<br>Ham + Cheese Toasties<br>Pikelets + Honey + Fruits & Veges<br>Tortilla Wraps (Beef & Beans)<br>Mashed Potatoes + Cheese                                  | Nachos (Beans, Cheese & Avocado)<br>Fried Rice<br>Pasta<br>Crackers + Dips + Cheese<br>Popcorn + Fruits & Veges | Mashed Potatoes + Cheese<br>Tacos + Beef Mince<br>Pumpkin Soup<br>Tortilla Wraps + Fruits & Veges<br>Fried Rice |
| 3    | Spaghetti Bolognaise<br>Wedges<br>Bean Toasties + Fruits & Veges + Milo<br>Beef Mince Nachos<br>Pumpkin Soup  | Mouse Traps<br>Sausage Rolls<br>Sandwiches + Milo<br>Pikelets + Honey<br>Soup + Fruits & Vege                   | 2 Minute Noodles + Fruits & Veges<br>Pizza<br>Fish Fingers<br>Tacos<br>Popcorn + Fruits & Veges + Milo          |
| 4    | Sausage Rolls<br>Tortilla Wraps<br>Fish Fingers<br>Sandwiches (Ham, Cheese & Lettuce)<br>Popcorn + Fruits & Veges   | Crackers + Dips + Cheese + Fruits & Vege<br>Pizza<br>Spaghetti Bolognaise<br>Wedges<br>Popcorn + Fruits & Veges | (End of Term)   |

\*Menu Subject to Change

# RIDGWAY SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | May   | June   | July  |
|------|---|--|---|
| 1    | Mild Chilli Bean Nachos<br>PB + Jam Sandwiches<br>Chilli Bean Wraps<br>Fruit: Apple and Strawberries<br>Vege: Cucumber and Capsicum         | Canned Pumpkin Soup with Toast<br>Pre-Popped Popcorn<br>Guacamole on French Bread<br>Fruit: Apple and Pineapple<br>Vege: Celery and Carrot               | Bagels + Spreads<br>Sandwiches (Salami + Hummus)<br>Frozen Berries + Yogurt<br>Fruit: Watermelon and Grapes<br>Vege: String Beans and Corn        |
| 2    | Vegan GF Spaghetti Bolognese + Cheese<br>Chicken + Cheese Sandwiches<br>Popcorn<br>Fruit: Apple and Kiwifruit<br>Vege: Carrot and Celery    | Mild Chilli Bean Nachos<br>PB + Jam Sandwiches<br>Chilli Bean Wraps<br>Fruit: Apple and Pear<br>Vege: Cucumber and Carrot                                | Canned Pumpkin Soup with Toast<br>Pre-Popped Popcorn<br>Guacamole on French Bread<br>Fruit: Pineapple and Nectarines<br>Vege: Capsicum and Carrot |
| 3    | Crackers + Cheese + Dips<br>Sour Cream + Chive Rice Cakes<br>Pop Corn<br>Fruit: Apple and Oranges<br>Vege: Cherry Tomatoes and Carrot       | Vegan GF Spaghetti Bolognese + Cheese<br>Chicken + Cheese Sandwiches<br>Popcorn<br>Fruit: Apple and Kiwifruit<br>Vege: Carrot and Celery                 | (Cub's Choice)  |
| 4    | Bagels + Spreads<br>Sandwiches (Salami + Hummus)<br>Frozen Berries + Yogurt<br>Fruit: Apple and Watermelon<br>Vege: String Beans and Carrot | Crackers with Cheese + Dips<br>Sour Cream + Chive Rice Cakes<br>Pikelets + Butter + Jam<br>Fruit: Banana and Oranges<br>Vege: Cherry Tomatoes and Carrot | (End of Term)   |

\*Menu Subject to Change



## RUGBY CLUB MENU CALENDAR AFTER SCHOOL CARE

| Week | May  | June   | July   |
|------|--|--|--|
| 1    | Cooking Samosa (Samosa + Salad)<br>Sandwiches<br>Spaghetti<br>Quesadillas<br>Baking (Red Velvet Muffins) | Rainbow Cookie Rolls<br>Cooking Won Ton<br>Toasties<br>Fried Rice<br>Pizza                   | Fried Noodles<br>Mini Pastries<br>Baking (Mini Banana Cake)<br>Cooking Toasties<br>Chicken Carbonara |
| 2    | Crackers + Cheese<br>Cooking Samosa (Samosa + Salad)<br>Sandwiches<br>Spaghetti<br>Quesadillas           | Baking (Mud Cake Muffins)<br>Mini Savouries<br>Cooking Won Ton<br>Pita Pockets<br>Fried Rice | Quiche<br>Quesadillas<br>Baking (Shortbread)<br>Cooking Toasties<br>Chicken Carbonara                |
| 3    | Baking (Red Velvet Muffins)<br>Cooking French Toast<br>Wraps<br>Mac 'n' Cheese<br>Quiche                 | Pizza<br>Baking (Mud Cake Muffins)<br>Mini Savouries<br>Pita Pockets<br>Fried Rice           | (Cub's Choice)   |
| 4    | Baking (Rainbow Cookie Rolls)<br>Cooking French Toast<br>Wraps<br>Mac 'n' Cheese<br>Quiche               | Pizza<br>Baking (Mini Banana Cake)<br>Mini Savouries<br>Baking (Toasted Wraps)<br>Nachos     | (End of Term)  |

\*Menu Subject to Change

# **TERM 3 MENU CALENDARS**

## BERHAMPORE SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | July  | August   | September  |
|------|---|--|--|
| 1    | Fried Rice<br>Vegetable Salad<br>Crackers + Dip<br>Vegetables & Hummus<br>Pancakes    | Fruit & Veg<br>Beans on Toast<br>Vegetables & Hummus<br>Sandwiches & Fruit<br>Pancakes | Nachos<br>Soup<br>Pizza<br>Fruit Salad<br>Popcorn                                      |
| 2    | Cheese Quesadillas<br>Fruit & Veg<br>Spaghetti + Toast<br>Soup & Bread<br>Fruit Salad | Cheese Quesadillas<br>Fruit & Veg<br>Spaghetti + Toast<br>Soup & Bread<br>Fruit Salad  | Fruit & Veg<br>Beans on Toast<br>Vegetables & Hummus<br>Sandwiches & Fruit<br>Pancakes |
| 3    | Pasta & Tomato<br>Bean Nachos<br>Fruit & Veg<br>Crackers + Dip + Cheese<br>Pikelets   | Pasta & Tomato<br>Bean Nachos<br>Fruit & Veg<br>Crackers + Dip + Cheese<br>Pikelets    | (Cub's Choice)   |
| 4    | Nachos<br>Soup<br>Pizza<br>Fruit Salad<br>Popcorn                                     | Fried Rice<br>Vegetable Salad<br>Crackers + Dip<br>Vegetables & Hummus<br>Pancakes     | (End of Term)  |

\*Menu Subject to Change

## BERHAMPORE SCHOOL MENU CALENDAR BEFORE SCHOOL CARE

| Week | July  | August  | September  |
|------|---|---|--|
| 1    | Cornflakes/Ricies/Nutragrain & Milk<br>Fruit & Yogurt<br>Fruit & Pikelets + Honey<br>Fruit & Sausage Rolls<br>Fruit & Mouse Traps                     | Sandwiches & Fruit<br>Fruit Kebabs & Yoghurt<br>Pasta Salad & Fruit<br>Cheese & Crackers + Dip<br>Spaghetti on Toast                | Sandwiches & Fruit<br>Cereal & Fruits<br>Oats & Honey<br>Ambrosia<br>Fruit Salad & Yoghurt   |
| 2    | Fruit & Chocolate Rolls<br>Pancakes & Fruit<br>Porridge & Fruit<br>Toast + Peanut Butter/Honey/Jam<br>Cheese & Crackers & Pineapple                   | Sandwiches & Fruit<br>Fruit Kebabs & Yoghurt<br>Pasta Salad + Lettuces & Carrots<br>Cheese & Crackers<br>Cereal & Fresh Fruit Salad | Beef Mince Nachos (Bean + Cheese)<br>Ham + Cheese + Vege Sandwiches<br>2-Minute Noodles + Yogurt<br>Bean + Vege Tortilla Wraps<br>Fruits |
| 3    | Nachos + Beans + Cheese & Apple<br>Wraps & Fruit<br>Fruit Kebabs & Yoghurt<br>Chicken Noodles & Orange Slices<br>Banana Split & Yoghurt & Dried fruit | Cheese & Savoury Scones & Fruit<br>Wraps & Fruit<br>Ambrosia<br>Spring Rolls & Fruit<br>Cheese Balls & Vege Sticks & Crackers       | Cheese & Crackers<br>Fruit Salad & Yoghurt<br>Sandwiches & Fruit<br>Wraps & Fruit<br>Fruit & Pikelets + Honey                            |
| 4    | Corn Thins & Spreads<br>Wraps & Fruit<br>Fruit Kebabs & Yoghurt<br>Porridge & Toast<br>Ambrosia   | French Toast & Fruit<br>Sandwiches & Fruit<br>Hot Chocolate & Toast<br>Ambrosia<br>Fruit Salad & Yoghurt                            | (End of Term)  |

\*Menu Subject to Change

# CARDINAL MCKEEFRY SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | July  | August  | September   |
|------|---|---|---|
| 1    | Cheesy Pasta<br>Toasted Sandwiches<br>Fried Rice<br>Nachos + Beans        | Custard + Stewed Fruit<br>Mouse Traps<br>Ambrosia<br>Cheesy Pasta | Porridge + Fruit<br>Toasted Sandwiches<br>Nachos + Beans<br>Custard + Compote Crumble |
| 2    | Cheesy Pasta<br>Toasted Sandwiches<br>Fried Rice<br>Nachos + Beans        | Custard + Stewed Fruit<br>Mouse Traps<br>Ambrosia<br>Cheesy Pasta | Porridge + Fruit<br>Toasted Sandwiches<br>Nachos + Beans<br>Custard + Compote Crumble |
| 3    | Sushi<br>Wraps<br>Fried Rice<br>Salsa Dip + Vegetables<br>Dips + Crackers | Fruit Compote + Crumble<br>Fried Rice<br>Soup + Soldiers<br>Wraps | (Cub's Choice)  |
| 4    | Sushi<br>Wraps<br>Fried Rice<br>Salsa Dip + Vegetables<br>Dips + Crackers | Fruit Compote + Crumble<br>Fried Rice<br>Soup + Soldiers<br>Wraps | (End of Term)   |

\*Menu Subject to Change

# OWHIRO BAY SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | July  | August   | September  |
|------|---|--|--|
| 1    | Nachos + Beans<br>Cheesy Pasta<br>Wraps<br>Toasted Sandwiches<br>Fried Rice           | Fruit + Yogurt<br>Toasted Sandwiches<br>Wraps<br>Crackers + Cheese<br>Cheesy Pasta     | Toasted Sandwiches<br>Mac 'n' Cheese<br>Pikelets<br>Fried Rice<br>Wraps            |
| 2    | Crackers + Dips<br>Fruit Salad<br>Spaghetti Bolognese<br>Popcorn<br>Pikelets          | Pumpkin Soup + Bread<br>Tacos<br>Popcorn<br>Spaghetti Bolognese<br>PB + Jam Sandwiches | Tacos<br>Crackers + Dips<br>Spaghetti Bolognese<br>Pumpkin Soup + Bread<br>Popcorn |
| 3    | Sandwiches<br>Mac 'n' Cheese<br>Quesadillas<br>Fruit + Yogurt<br>Pumpkin Soup + Bread | Fruit Salad<br>Fried Noodles<br>Pikelets<br>Crackers + Dips<br>Quesadillas             | (Cub's Choice)   |
| 4    | Pikelets<br>Pasta & Tomato<br>Minced Beef Nachos<br>Fried Rice<br>Fruit Salad         | Quesadillas<br>Pasta & Tomato<br>Fruit + Yogurt<br>Popcorn<br>Nachos + Beans           | (End of Term)  |

\*Menu Subject to Change

## RUGBY CLUB MENU CALENDAR AFTER SCHOOL CARE

| Week | July   | August  | September   |
|------|--|---|---|
| 1    | Quesadilla<br>Fried Rice<br>Spaghetti<br>Carbonara<br>Red Velvet Cup Cakes   | Toasted Wraps<br>Pizza<br>Mac n Cheese<br>Couscous<br>Caramel Squares           | Sausage Rolls<br>Carbonara<br>Shepherds Pie<br>Toasted Wraps<br>Muesli Bars |
| 2    | Pizza<br>Mac n Cheese<br>Pinwheels<br>Cheese on Toast<br>Shortbread          | Savoury Pinwheels<br>Quiche<br>Fried Rice<br>Spaghetti<br>Marshmallow Cake      | Mini Pies<br>Quesadillas<br>Fried Rice<br>Quiche<br>Cinnamon Rolls          |
| 3    | Savouries<br>Cheese on Toast<br>Quiche<br>Samosas<br>Banana Cupcakes         | Bread Savouries<br>Spaghetti<br>Cheese on Toast<br>Pasta (Savoury)<br>Meringues | (Cub's Choice)  |
| 4    | Samosas<br>Pasta (Savoury)<br>Toasted Wraps<br>Quesadilla<br>Butterfly Cakes | Mini Quiche<br>Rice Risotto<br>Mac n Cheese<br>Savoury Pinwheels<br>Cookies     | (End of Term)   |

\*Menu Subject to Change

## RIDGWAY SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | July   | August  | September   |
|------|--|---|---|
| 1    | Tomato Soup & Toast<br>Crackers<br>Fruit: Kiwi Fruit, Apples<br>Veggies: Carrot, Celery    | Chia Pudding<br>Nachos<br>Fruit: Apples, Banana, Strawberries<br>Veggies: Carrot, Capsicum            | Spaghetti on Toast<br>Nachos<br>Fruit: Orange, Apple<br>Veggies: Carrot, Celery     |
| 2    | Nachos<br>Popcorn<br>Fruit: Apples, Oranges<br>Veggies: Carrot, Cucumber                   | Noodles<br>Popcorn<br>Fruit: Banana, Kiwi Fruit<br>Veggies: Celery, Carrot                            | Sushi<br>Popcorn<br>Fruit: Pineapple, Oranges<br>Veggies: Cherry Tomatoes, Capsicum |
| 3    | Rice Crackers and Dips<br>Popcorn<br>Fruit: Pear, Orange<br>Veggies: Capsicum, Cucumber    | Salami Sandwiches<br>Crackers and Cheese<br>Fruit: Grapes & Apple<br>Veggies: Cherry Tomato, Capsicum | (Cub's Choice)  |
| 4    | PBJ Sandwiches<br>Rice Crackers<br>Fruit: Grapes, Apples<br>Veggies: Cherry Tomato, Carrot | Fruit Smoothies<br>Popcorn<br>Crackers<br>Fruit: Banana, Orange, Berries<br>Veggies: Carrot, Cucumber | (End of Term)   |

\*Menu Subject to Change

# **TERM 4 MENU CALENDARS**

## BERHAMPORE SCHOOL MENU CALENDAR BEFORE SCHOOL CARE

| Week | October   | November  | December   |
|------|---|---|--|
| 1    | Cornflakes/Ricies/Nutrigrain & Milk<br>Fruit & Yogurt<br>Fruit & Pikelets + Honey<br>Fruit & Sausage Rolls<br>Fruit & Mouse Traps                     | Sandwiches & Fruit<br>Fruit Kebabs & Yoghurt<br>Pasta Salad & Fruit<br>Cheese & Crackers + Dip<br>Spaghetti on Toast                | Sandwiches & Fruit<br>Cereal & Fruits<br>Oats & Honey<br>Ambrosia<br>Fruit Salad & Yoghurt   |
| 2    | Fruit & Chocolate Rolls<br>Pancakes & Fruit<br>Porridge & Fruit<br>Toast + Peanut Butter/Honey/Jam<br>Cheese & Crackers & Pineapple                   | Sandwiches & Fruit<br>Fruit Kebabs & Yoghurt<br>Pasta Salad + Lettuces & Carrots<br>Cheese & Crackers<br>Cereal & Fresh Fruit Salad | Beef Mince Nachos (Bean + Cheese)<br>Ham + Cheese + Vege Sandwiches<br>2-Minute Noodles + Yogurt<br>Bean + Vege Tortilla Wraps<br>Fruits |
| 3    | Nachos + Beans + Cheese & Apple<br>Wraps & Fruit<br>Fruit Kebabs & Yoghurt<br>Chicken Noodles & Orange Slices<br>Banana Split & Yoghurt & Dried Fruit | Cheese & Savoury Scones & Fruit<br>Wraps & Fruit<br>Ambrosia<br>Spring Rolls & Fruit<br>Cheese Balls & Vege Sticks & Crackers       | Cheese & Crackers<br>Fruit Salad & Yoghurt<br>Sandwiches & Fruit<br>Wraps & Fruit<br>Fruit & Pikelets + Honey                            |
| 4    | Corn Thins & Spreads<br>Wraps & Fruit<br>Fruit Kebabs & Yoghurt<br>Porridge & Toast<br>Ambrosia   | French Toast & Fruit<br>Sandwiches & Fruit<br>Hot Chocolate & Toast<br>Ambrosia<br>Fruit Salad & Yoghurt                            | (End of Term)  |

## BERHAMPORE SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | October  | November  | December  |
|------|--|---|---|
| 1    | Yogurt + Fruit<br>Pancakes<br>Wraps<br>Popcorn<br>Sausage Rolls                    | Sausage Rolls<br>Spaghetti on Toast<br>Yogurt + Fruit<br>Pancakes<br>Baking                   | Cheese Scones<br>Mac n Cheese<br>Yogurt + Fruit<br>Wraps<br>Popcorn               |
| 2    | Savoury Pastry<br>Popcorn<br>Mac n Cheese<br>Mouse Traps<br>Baking                 | Savoury Muffins<br>Fried Rice<br>Sausage Rolls<br>Crackers + Cheese and Dip<br>Savoury Pastry | Crackers + Cheese and Dip<br>Noodles<br>Sausage Rolls<br>Savoury Pastry<br>Baking |
| 3    | Savoury Muffins<br>Cheese Scones<br>Crackers + Cheese and Dip<br>Nachos<br>Noodles | Popcorn<br>Noodles<br>Spaghetti on Toast<br>Savoury Pastry<br>Baking                          | Cubs' Choice<br>All days include Fruit + Veg                                      |
| 4    | Wraps<br>Savoury Pastry<br>Mac n Cheese<br>Home-Made Pizza<br>Popcorn              | Nachos<br>Fried Rice<br>Pancakes<br>Mouse Traps<br>Home-Made Pizza                            | (End of Term)   |

## CARDINAL MCKEEFRY MENU CALENDAR AFTER SCHOOL CARE

| Week | October   | November   | December  |
|------|---|--|---|
| 1    | Spiced Apples and Custard<br>Soup and Soldiers<br>Wraps<br>Nachos | Mouse Traps<br>Pancakes<br>Pasta<br>Fruit Salad and Yogurt | Fruit Salad and Yogurt<br>Kebabs<br>Spring Rolls<br>Wraps |
| 2    | Spiced Apples and Custard<br>Soup and Soldiers<br>Wraps<br>Nachos | Mouse Traps<br>Pancakes<br>Pasta<br>Fruit Salad and Yogurt | Fruit Salad and Yogurt<br>Kebabs<br>Spring Rolls<br>Wraps |
| 3    | Wraps<br>Curry and Rice<br>Sushi<br>Fried Rice                    | Quesadillas<br>Crackers and Salsa<br>Fried Rice<br>Sushi   | Cub's Choice  |
| 4    | Wraps<br>Curry and Rice<br>Sushi<br>Fried Rice                    | Quesadillas<br>Crackers and Salsa<br>Fried Rice<br>Sushi   | (End of Term)   |

## OWHIRO BAY MENU CALENDAR AFTER SCHOOL CARE

| Week | October  | November   | December   |
|------|--|--|--|
| 1    | Pikelets<br>Crackers + Cheese and Dip<br>Wraps<br>Fruit Salad<br>Fried Rice  | Sandwiches<br>Fried Rice<br>Vegetables & Hummus<br>Pikelets<br>Frozen Berries and Yogurt                           | Pizza<br>Fruit Salad<br>Spaghetti<br>Wraps<br>Popcorn                                    |
| 2    | Quesadillas<br>Spaghetti<br>Fruit Salad<br>Sandwiches<br>Popcorn   | Fruit Salad<br>Fried Rice<br>Crackers + Cheese and Dip<br>Pikelets<br>Fruit Salad                                  | Vegetables & Hummus<br>Frozen Berries and Yogurt<br>Sandwiches<br>Fried Rice<br>Pikelets |
| 3    | Pasta with Tomato<br>Frozen Berries and Yogurt<br>Crackers + Cheese and Dip<br>Nacho with Chilli Beans<br>Pikelets | Popcorn<br>Sandwiches<br>Spaghetti<br>Fruit Salad<br>Quesadillas   | Cub's Choice   |
| 4    | Wraps<br>Spaghetti<br>Popcorn<br>Fruit Salad<br>Pizza  | Nacho with Chilli Beans<br>Crackers + Cheese and Dip<br>Pikelets<br>Frozen Berries and Yogurt<br>Pasta with Tomato | (End of Term)  |

\*Menu + Activities Subject to Change

## RIDGWAY SCHOOL MENU CALENDAR AFTER SCHOOL CARE

| Week | October   | November  | December   |
|------|---|---|--|
| 1    | Popcorn<br>Crackers<br>Mango and Apples<br>Carrot, Cucumber                         | Stir Fry<br>Tomato Soup and Toast<br>Grapes, Pear<br>Broccoli, Carrot       | Noodles<br>Nachos<br>Kiwi Fruit, Oranges<br>Avocado, Tomatoes    |
| 2    | Chia Pudding<br>Nachos<br>Pear, Oranges<br>Celery, Carrot                           | Popcorn<br>Pretzels<br>Kiwi Fruit, Oranges<br>Cucumber, Capsicum            | PBJ Sandwiches<br>Popcorn<br>Apples, Pears<br>Cucumber, Capsicum |
| 3    | Pancakes<br>Crackers and Dip<br>Bananas, Strawberries<br>Cucumber, Capsicum         | Salsa<br>Nachos<br>Mango<br>Pineapple<br>Broccoli, Celery                   | Cub's Choice   |
| 4    | Quesadillas<br>Salami Sandwiches<br>Pineapple, Apples<br>Cherry Tomatoes and Carrot | Porridge<br>Pumpkin Soup<br>Strawberries, Grapes<br>Carrot, Cherry Tomatoes | (End of Term)  |

## WESTERN SUBURBS RUGBY CLUB MENU CALENDAR AFTER SCHOOL CARE

| Week | October   | November   | December  |
|------|---|--|---|
| 1    | Wraps<br>Sushi<br>Chicken Salad<br>Crackers + Dip<br>Mini Trifle + Yoghurt, Homemade Muesli | Savoury Rolls<br>Spring Rolls<br>Corn Thins and Spreads<br>Pasta Salad<br>Mini Meringues         | Cheese on Toast<br>Pastry Pizza<br>Pastry Sticks + Dip<br>Pastry Salad<br>Mini Mince Pies |
| 2    | Wraps<br>Sushi<br>Chicken Salad<br>Crackers + Dip<br>Mini Trifle + Yoghurt, Homemade Muesli | Savoury Rolls<br>Spring Rolls<br>Corn Thins and Spreads<br>Pasta Salad<br>Mini Meringues         | Cheese on Toast<br>Pastry Pizza<br>Crackers + Dip<br>Lettuce Salad<br>Mini Mince Pies     |
| 3    | Sandwiches<br>Wraps<br>Bread Sticks + Dip<br>Rice Salad<br>Homemade Mini Cheese Cake        | Buns and Fillings<br>Rice Salad Sandwich<br>Crackers + Dip<br>Lettuce Salad<br>Mini Cheese Balls | Cub's Choice  |
| 4    | Sandwiches<br>Wraps<br>Bread Sticks + Dip<br>Rice Salad<br>Homemade Mini Cheese Cake        | Buns and Fillings<br>Rice Salad Sandwich<br>Crackers + Dip<br>Lettuce Salad<br>Mini Cheese Balls | (End of Term)   |

\*Menu + Activities Subject to Change