



CKC Menu - Term 4, 2024

**Term
Week**

	Monday	Tuesday	Wednesday	Thursday	Friday
FRESH FRUIT IS SERVED DAILY IN ADDITION TO OUR BELOW BSC & ASC MENU					
Before School Care:	Wholemeal & multigrain café sliced bread, dairy free butter, various spreads. Various cereals, Cornflakes, Rice Bubbles, Nut Free Muesli, Porridge, Sultana Bran. Occasional hot breakfast may include hashbrowns, pancakes, bacon, waffles, croissants, French toast, muffins Fresh seasonal fruit and yoghurt are also available each day.				
After School Care Week of: 30 Sept 24 28 Oct 24 25 Nov 24	Nachos Flavoured corn chips with melted cheese and Fresh black bean, cucumber, corn & lime salsa	Veggie Sticks Platter Assorted veggies (carrots, celery, cucumber, capsicum, snow peas etc.)	Assorted Sandwiches Wholemeal bread with deli leg ham: ham & cheese; roasted chicken: chicken & lettuce; strawberry jam; or vegemite	Freshly Baked Banana Bread or Berry Muffins Served with Vanilla Yoghurt	Rice Crackers & Dips with cheese, carrots & cucumbers
7 Oct 24 4 Nov 24 2 Dec 24	Assorted Sandwiches Wholemeal bread with deli leg ham: ham & cheese; roasted chicken: chicken & lettuce; strawberry jam; or vegemite	Popcorn Trail Mix Popcorn, sultanas, pretzels, dried fruit & yoghurt drops	Freshly Baked Banana Bread or Berry Muffins Served with Vanilla Yoghurt <i>nadiaedithmolnar@gmail.com</i>	Nachos Flavoured corn chips with melted cheese and Fresh black bean, cucumber, corn & lime salsa	Garlic Bread Bread Roll, Butter, Garlic
14 Oct 24 11 Nov 24 9 Dec 24	Popcorn Trail Mix Popcorn, sultanas, pretzels, dried fruit & yoghurt drops	Garlic Bread Bread Roll, Butter, Garlic	Baked Tortilla Scrolls Ham & Cheese; Vegemite & Cheese; Tomato & Cheese	Assorted Sandwiches Wholemeal bread with deli leg ham: ham & cheese; roasted chicken: chicken & lettuce; strawberry jam; or vegemite	Veggie Sticks Platter Assorted veggies (carrots, celery, cucumber, capsicum, snow peas etc.)
21 Oct 24 18 Nov 24	Rice Crackers & Dips with cheese, carrots & cucumbers	Assorted Sandwiches Wholemeal bread with deli leg ham: ham & cheese; roasted chicken: chicken & lettuce; strawberry jam; or vegemite	Homemade Spag Bolognese or Cheesy Vegetable Pasta Bake Meat & Vegetarian options provided	Vanilla Yoghurt with Muesli or Granola (nut-free)	Nachos Flavoured corn chips with melted cheese and Fresh black bean, cucumber, corn & lime salsa

***Please note** that substitute menu items are available for children who have food allergies and intolerances or for cultural and religious reasons. Please make these arrangements directly with the Centre Coordinator. Alternative meals include rice cakes, cruskits, saos, crackers, gluten free muffins & cereal. Menu is subject to change.