



Rockhampton Girls  
Grammar School

125 YEARS

**OUTSIDE SCHOOL HOURS CARE  
AFTERNOON TEA MENU**

TERM 1, 2017						
SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1:	BOARDERS RETURN DAY	ASSORTED PLAIN BISCUITS WITH MILK	POPCORN WITH PRETZLES AND DRIED FRUIT	AUSTRALIA DAY	TOASTIES WITH HAM, CHEESE AND TOMATO	
WEEK 2:	VEGIE STICKS WITH DIP (CARROT, CUCUMBER AND CELERY)	ASSORTED MUFFINS	WHOLEGRAIN CRACKERS WITH REDUCED FAT CREAM CHEESE, HUMMUS DIP, CARROT, CUCUMBER AND CELERY STICKS	RAISIN BREAD WITH ASSORTED SPREADS	AIR POPCORN WITH SEASONAL FRUIT SLICES	
WEEK 3:	WATER CRACKERS WITH CHEESE AND VEGETABLE STICKS	MINI HOT DOGS	PANCAKES WITH YOGHURT AND SEASONAL FRUIT SLICES	TOASTIES WITH HAM, CHEESE, TOMATO OR SPAGHETTI	CHICKEN WINGS WITH RICE	
WEEK 4:	TURKISH BREAD WITH DIP AND VEGETABLE STICKS	MOUNTAIN BREAD WRAP WITH HAM, SPREADS, SALAD, CHEESE, TOMATO AND LETTUCE	VEGE STICKS WITH DIP (CARROT, CUCUMBER AND CELERY)	ANTS ON A LOG	CORN CHIPS AND SALSA	
WEEK 5:	COB LOAF	<u>BACK TO FRONT DAY:</u> CEREAL FOR AFTERNOON TEA	CHEESY CHICKEN QUESADILLAS	VEGIE STICKS WITH DIP (CARROT, CUCUMBER AND CELERY)	ANTIPASTO PLATTER WITH OLIVES, CHERRY TOMATOES, CHEESE, HAM, SALAMI AND BREAD STICKS	

TERM 1, 2017						
SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 6:	CHICKEN AND PUMPKIN WRAPS	VEGETABLE SPRING ROLLS WITH SWEET CHILL DIPPING SAUCE	MUCHOS NACHOS	CHEESE AND FRUIT PLATTERS	CHOCOLATE MOUSSE WITH FRUIT DIPPERS	
WEEK 7:	CRUNCHI VEGETABLE STICKS WITH THREE BEAN DIP	PUMPKIN SOUP WITH TOAST	PASTA SALAD	CHICKEN NOODLES	MINI PIZZA FACES	
WEEK 8:	GREEK SALAD AND GARLIC BREAD	CHICKEN WINGS AND CORN COBS	SAO'S WITH CHEESE AND TOMATO, VEGEMITE AND CHEESE OR PLAIN CHEESE	HAM ROLL-UPS	CHEESE, CABANOSI, CRACKERS AND VEGIE STICKS	
WEEK 9:	TACOS WITH CHICKEN AND CHICKPEA SALAD	RAISIN TOAST WITH MASHED BANANA AND HONEY	MEZZE PLATTER	CHICKEN AND SWEET CORN SOUP WITH TOAST	CUCUMBER SAILING BOATS	
WEEK 10:	WATER CRACKERS AND FRENCH ONION DIP WITH CARROT AND APPLE SLICES	CARAMELISED ONION AND CHEESE TARTLETS	CHICKEN AND CHEESE TORTILLA WRAPS	PUMPKIN, FETA AND SPINACH RAVIOLI	CHICKEN PASTA BAKE	
<p><b>NOTE:</b> WE ENDEAVOUR TO INCLUDE A WIDE VARIETY OF NUTRITIOUS FOODS FROM THE FIVE FOOD GROUPS AT RGGGS OSHC, WITH A SEASONAL FRUIT AND VEGETABLE PLATTER (E.G. APPLES, ORANGES, BANANAS, PEARS, GRAPES, CARROTS, CUCUMBERS, CAPSICUM. GREEN BEANS, SNOW PEAS, CHERRY TOMATOES) SERVED DAILY.</p>						

OUR SERVICE IS SUPPORTIVE OF ALLERGY SUFFERERS AND TOGETHER WITH ROCKHAMPTON GIRLS GRAMMAR SCHOOL WE DO OUR BEST TO REDUCE THE LIKELIHOOD OF HIGH ALLERGY FOODS SUCH AS NUTS AT THE SCHOOL. THIS HOWEVER DOES NOT MEAN THAT WE EXCLUDE THESE FOODS ALL TOGETHER, IT JUST MEANS THAT WE TRY TO LIMIT THE EXPOSURE TO THESE FOODS.