



**ROCKHAMPTON GIRLS GRAMMAR OUTSIDE SCHOOL HOURS CARE
AFTERNOON TEA MENUS – TERM 1, 2018**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|--|---|--|--|--|
| WEEK 1 | STUDENT FREE DAY - BOARDERS RETURN DAY | CHICKEN OR HAM SALAD WRAPS | GRILLED SAUSAGE ON WHOLEMEAL BREAD | LAMINGTONS AND FRESH FRUIT PLATTER | AUSTRALIA DAY - PUBLIC HOLIDAY |
| WEEK 2 | MINI HOT DOGS | CORN THINS WITH ASSORTED SPREADS | HALOUMI, CARROT AND PESTO WRAPS | SNOW PEAS, CARROT AND APPLE SLICES WITH ASSORTED DIPS AND RICE CRACKERS | BACK TO FRONT DAY: CERIAL FOR AFTERNOON TEA |
| WEEK 3 | CRUNCHY VEGETABLE STICKS WITH SALSA AND GUACAMOLE DIPS | LAMINGTON FINGERS AND MINI MUFFINS | MEXICAN BEAN DIP WITH CORN CHILS | CHICKEN TENDERS AND SALAD WRAPS | PEANUT BUTTER YOGHURT DIP WITH PRETZLES, BANANA AND APPLE SLICES |
| WEEK 4 | FRESH SCONES WITH JAM AND CREAM | RICE CRACKERS, WATER CRACKERS AND VEGIE STICKS WITH A SELECTION OF DIPS | MAKE YOUR SALAD OWN WRAPS | BACK TO FRONT DAY: HARD BOILED EGGS ON TOAST | MAKE YOUR OWN SANDWICH WITH ASSORTED SPREADS ON WHOLEMEAL BREAD |
| WEEK 5 | STUDENT FREE DAY - BOARDERS RETURN DAY | TOMATO PASTA AND FRENCH BREAD STICK | CHEESY BACON COB LOAF WITH VEGGIE STICKS | BACK TO FRONT DAY: SCRAMBLED EGGS ON TOAST | OVEN BAKED CHICKEN NUGGETS AND CHIPS |
| WEEK 6 | LEAN BEEF MINCE SOFT TACOS | GRILLED SAUSAGE ON WHOLEMEAL BREAD | AIR POPED POPCORN AND FRESH SEASONAL FRUIT SLICES | CORN THINS WITH ASSORTED SPREADS | PULLED PORK SLIDERS WITH COLESLAW |
| WEEK 7 | | OVEN BAKED FISH FINGERS AND CHIPS | CORN THINS WITH ASSORTED SPREADS | SANDWICHES WITH ASSORTED SPREADS ON WHOLEMEAL BREAD | SAO'S WITH CREAM CHEESE AND TOMATO OR AVOCADO AND HAM |
| WEEK 8 | CHEESY CHICKEN QUESADILLAS | VEGETABLE SPRING ROLLS WITH SWEET CHILLI DIPPING SAUCE | SPAGHETTI BOLOGNESE WITH GARLIC BREAD | HAM OR BBQ CHICKEN AND CHEESE SLIDERS | REDUCED FAT CUSTARD WITH CANNED FRUITS |
| WEEK 9 | MACARONI CHEESE WITH GARLIC BREAD | SAVOURY MINCE JAFFLES | CARROT, CELERY AND CAPSICUM STICKS WITH ASSORTED DIPS AND CRACKERS | ASSORTED TOASTED SANDWICHES ON WHOLEMEAL BREAD | PULLED PORK/CHICKEN SLIDERS WITH COLESLAW |
| WEEK 10 | TOASTED SANDWICHES WITH HAM, TOMATO AND CHEESE | CHICKEN PASTA BAKE | CHEESY SPINACH COB LOAF WITH VEGGIE STICKS | LUNCH: FISH FINGERS/CHICKEN NUGGETS AND CHIPS AFTERNOON TEA: HOT CROSS BUNS | GOOD FRIDAY – PUBLIC HOLIDAY |

NOTE:

- We endeavour to include a wide variety of nutritious foods from the five food groups at RGGS 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.
- 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.



**ROCKHAMPTON GIRLS GRAMMAR OUTSIDE SCHOOL HOURS CARE
AFTERNOON TEA MENUS – TERM 2, 2018**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|---|--|---|---|---|
| WEEK 1 | BAKED PUMPKIN RAVIOLI | SAVOURY MINCE JAFFLES | LAMINGTON FINGERS AND MINI MUFFINS | BACK TO FRONT DAY: POACHED EGGS ON TOAST | VEGIE BURGERS |
| WEEK 2 | CHEESE AND TOMATO SLICES ON TOP OF A SALADA | ANZAC PICKLETS | ANZAC DAY – PUBLIC HOLIDAY | SANDWICH ROLL-UPS | PULLED PORK/CHICKEN SLIDERS WITH COLESLAW |
| WEEK 3 | BACK TO FRONT DAY: HARD BOILED EGG AND AVOCADO SLICES ON TOAST | CHICKEN PASTA BAKE | MEXICAN BEAN DIP WITH CORN CHIPS | CHICKEN TENDERS AND SALAD WRAPS | MAKE YOUR OWN SANDWICH WITH ASSORTED SPREADS ON WHOLEMEAL BREAD |
| WEEK 4 | LABOUR DAY – PUBLIC HOLIDAY | CLASSIC BEEF BURGERS | BEEF KEBABS WITH RICE | CORN THINS WITH ASSORTED SPREADS | BEEF NACHOS WITH SALSA, TOMATOS, CHEESE AND GUACAMOLE |
| WEEK 5 | CHEESY CHICKEN QUESADILLAS | SASUAGES IN WHOLEMEAL BREAD WITH GRILLED ONIONS | MEZZE PLATTER | TURKISH BREAD WITH SWEET CARROT DIP | MASHED AVOCADO, TOMATO AND FETTA ON A VITA-WHEAT |
| WEEK 6 | CHICKEN KEBABS WITH RICE | CHICKEN TENDERS AND SALAD WRAPS | NUTELLA, BANANA AND STRAWBERRIES ON A CRUSKIT | SAVOURY MINCE JAFFLES WITH BROWN RICE | RICE CAKES WITH CREAM CHEESE AND TOMATO OR AVOCADO AND HAM |
| WEEK 7 | HAM AND BBQ CHICKEN CHEESE SLIDERS | BACK TO FRONT DAY: CERAL FOR AFTERNOON TEA | SASUAGES WITH GRILLED ONION IN WHOLEMEAL BREAD | RICE CRACKERS, WATER CRACKERS AND VEGIE STICKS WITH A SELECTION OF DIPS | TOASTED SANDWHICHES WITH HAM, CHEESE AND TOMATO |
| WEEK 8 | CARROT, CELERY AND CAPSICUM STICKS WITH ASSORTED DIPS AND CRACKERS | BACON AND ONION DIP, SERVED WITH VEGETABLE STICKS | MINI BANANA MUFFINS AND LITE YOGHURT | LEAN BEEF MINCE TACOS | CHICKEN KEBABS WITH RICE |
| WEEK 9 | CHICKEN SCHNITZEL SALAD ROLLS | TURKISH BREAD WITH SWEET CARROT DIP AND | MACARONI CHEESE WITH GARLIC BREAD | ROCKY SHOW – PUBLIC HOLIDAY | LAMINGTON FINGERS AND MINI MUFFINS |
| WEEK 10 | CHICKEN AND PUMPKIN WRAP | MAKE YOUR OWN SALAD WRAPS | CHEESY SPINACH COB LOAF WITH VEGGIE STICKS | SPAGHETTI AND MEAT BALLS | BLT WRAPS |
| WEEK 11 | CORN THINS WITH ASSORTED SPREADS | SOFT OR HARD TACOS WITH SALSA, AND ASSORTED SALADS | OVEN BAKED FISH FINGERS/CHICKEN NUGGETS AND CHIPS | MAKE YOUR SALAD OWN WRAPS | BACK TO FRONT DAY: CERAL FOR AFTERNOON TEA |

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**ROCKHAMPTON GIRLS GRAMMAR OUTSIDE SCHOOL HOURS CARE
AFTERNOON TEA MENUS – TERM 3, 2018**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|--|--|--|--|--|
| WEEK 1 | CHICKEN TENDER AND SALAD WRAPS | BEETROOT DIP WITH TURKISH BREAD SLICES | VEGETABLE SPRING ROLLS WITH SWEET CHILLI DIPPING SAUCE | BLT WRAPS | CHEESEY VEGETABLE PASTA BAKE |
| WEEK 2 | NACHOS WITH SALSA AND SALAD | PEANUT BUTTER YOGURT DIP WITH FRESH FRUIT AND PRETZLES | CLASSIC BEEF BURGERS | CELERY AND CAPSICUM STICKS WITH SWEET SPICED CARROT DIP AND CRACKERS | BEEF BURRITOS WITH BEANS, RICE AND GUCOMOLE |
| WEEK 3 | MAKE YOUR OWN SALAD WRAPS | CORN THINS WITH ASSORTED SPREADS | OVEN BAKED FISH FINGERS/CHICKEN NUGGETS AND CHIPS | BEEF OR CHICKEN NOODLES | LAMINGTON FINGERS AND MINI MUFFINS |
| WEEK 4 | SOFT OR HARD TACOS WITH SALSA, AND ASSORTED SALADS | RICE CRACKERS, AND VEGIE STICKS WITH A SELECTION OF DIPS | MINI HOTDOGS | CHICKEN AND PUMPKIN WRAP | MAKE YOUR OWN SALAD WRAPS |
| WEEK 5 | MEXICAN BEAN DIP WITH CORN CHIPS | PASTA BAKE WITH GARLIC BREAD | BLT WRAPS | SASUAGES WITH GRILLED ONION IN WHOLEMEAL BREAD | CHICKEN AND SWEET CORN SOUP WITH TOAST |
| WEEK 6 | STUDENT FREE DAY – BOARDERS LONG WEEKEND | MACARONI CHEESE WITH GARLIC BREAD | CHEESY SPINACH COB LOAF WITH VEGGIE STICKS | CHICKEN KEBABS WITH RICE | SPAGHETTI AND MEAT BALLS |
| WEEK 7 | MINI HOTDOGS | LAMINGTON FINGERS AND MINI MUFFINS | BEEF OR CHICKEN NOODLES | SPAGHETTI AND MEAT BALLS | SAO'S AND CORN THINS WITH ASSORTED SPREADS |
| WEEK 8 | SPAGHETTI BOLENESE | SASUAGES, WITH GRILLED ONION IN WHOLEMEAL BREAD | OVEN BAKED FISH FINGERS/CHICKEN NUGGETS AND CHIPS | TURKISH BREAD WITH SWEET CARROT DIP AND | BACK TO FRONT DAY: PORRIAGE AND CRUMPETS |
| WEEK 9 | SOFT OR HARD TACOS WITH SALSA, AND ASSORTED SALADS | SAO'S AND CORN THINS WITH ASSORTED SPREADS | TOASTED SANDWICHES WITH HAM, CHEESE AND TOMATO | PIKLETS WITH HONEY AND BANANA SLICES | LUNCH: MACARONI CHEESE WITH GARLIC BREAD AFTERNOON TEA: BEEF OR CHICKEN NOODLES |

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**ROCKHAMPTON GIRLS GRAMMAR OUTSIDE SCHOOL HOURS CARE
AFTERNOON TEA MENUS – TERM 4, 2018**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|--|--|---|--|---|
| WEEK 1 | TACOS WITH CHICKEN AND CHICKPEA SALAD | MAKE YOUR OWN SALAD WRAPS | CHICKEN TENDER AND SALAD WRAPS | CORN THINS WITH ASSORTED SPREADS | BLT WRAPS |
| WEEK 2 | LAMINGTON FINGERS AND MINI MUFFINS | MACARONI CHEESE WITH GARLIC BREAD | SNOW PEAS, CARROT AND APPLE SLICES WITH ASSORTED DIPS AND RICE CRACKERS | HALOUMI, CARROT AND PESTO WRAP | SAVOURY MINCE JAFFLES |
| WEEK 3 | STUDENT FREE DAY – BOARDERS LONG WEEKEND | LEAN BEEF MINCE TACOS | VEGIE NACHOS WRAP | BAKED BEEF RAVIOLI | PULLED PORK SLIDERS WITH COLESLAW |
| WEEK 4 | BLT WRAPS | CORN THINS WITH ASSORTED SPREADS | BACK TO FRONT DAY: CERIAL FOR AFTERNOON TEA | BEEF BURRITOS WITH BEANS, RICE AND GUCOMOLE | MEXICAN BEAN DIP WITH CORN CHILS |
| WEEK 5 | CARROT, CELERY AND CAPSICUM STICKS WITH ASSORTED DIPS AND CRACKERS | SPAGHETTI AND MEAT BALLS | MAKE YOUR SALAD OWN WRAPS | MINI HOT DOGS | LAMINGTON FINGERS AND MINI MUFFINS |
| WEEK 6 | RICE CRACKERS, AND VEGIE STICKS WITH A SELECTION OF DIPS | CHEESY SPINACH COB LOAF WITH VEGGIE STICKS | PICKLETS WITH LOW FAT YOGHURT AND SEASONAL FRUIT SLICES | MASHED AVOCADO, TOMATO AND FETTA ON A VITA-WHEAT | BEEF BURRITOS WITH BEANS, RICE AND GUCOMOLE |
| WEEK 7 | TURKISH BREAD WITH SWEET CARROT DIP | BEEF OR CHICKEN NOODLES | BEEF KEBABS WITH RICE | VEGETABLE SPRING ROLLS WITH SWEET CHILLI DIPPING SAUCE | CHICKEN TENDER AND SALAD WRAPS |
| WEEK 8 | MACARONI CHEESE WITH GARLIC BREAD | PIKLETS WITH HONEY AND BANANA SLICES | BLT WRAPS | CARROT, CELERY AND CAPSICUM STICKS WITH ASSORTED DIPS AND CRACKERS | NUTELLA, BANANA AND STRAWBERRIES ON A CRUSKIT |

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