

~ KSSS OSHC MENU ~

Term 2 - Week 8

- Breakfast -

Toasted Sandwiches, Pancakes with Maple or Golden Syrup, Baked Beans or Spaghetti on Toast | Cereal: Cornflakes, Rice Bubbles, Weet-bix, Porridge, Nutrigrain | Toast: Wholemeal or Gluten Free | Spreads: Jam, Vegemite, Butter, Honey, Cheese

- Afternoon Snack -

Monday

**Cheese, Crackers,
Popcorn & Vegie Sticks**

- Popcorn
- Cheese
- Jatz/Rice Crackers
- Cucumber
- Carrot
- Cherry Tomatoes

Tuesday

Potato Slice

- Potato
- Onion
- Carrot
- Grated Cheese
- Garlic
- Butter
- Spices

Wednesday

Chicken Stroganoff

- Chicken
- Onion
- Spices
- Mushrooms
- Flour
- Stock
- Worcestershire Sauce

Thursday **Sandwiches**

- Wholemeal Bread
- Sliced Chicken
- Sliced Ham
- Cucumber
- Tomato
- Cheese
- Mayonnaise

Friday

Loaded Nachos

- Corn Chips
- Salsa
- Grated Cheese
- Lettuce
- Tomato
- Sour Cream

Meat free, Gluten free and Lactose free options available every day

- Everyday Fruits & Vegetables -

Apples, Oranges, Pears, Bananas, Grapes, Rockmelon, Pineapple, Watermelon, Strawberries, Cucumber, Carrot, Capsicum, Cherry tomatoes.
(Depending on what's in season)

07.06.21

P&C Association
KENMORE SOUTH STATE SCHOOL

Lunchbox OSHC Uniforms