



KSSS OSHC MENU

Term 4 - Week 7



- Self-Serve Breakfast -

Pancakes with Maple Syrup | Cereal: Cornflakes, Rice Bubbles, Weet-bix, Nutri-grain, Special K, Cheerio's, Oat Flakes | Toast: Wholemeal or Gluten Free | Spreads: Jam, Vegemite, Butter, Honey | Yoghurt & Fruit

- Afternoon Snack -

Monday

Loaded Nachos

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

Tuesday

Honey Soy Chicken with Noodles

- Chicken
- Honey
- Soy Sauce
- Garlic
- Mixed Vegetables
- Rice Noodles

Wednesday

Sandwiches

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

Thursday

Choc Berry Oven Baked Pancake

- Flour
- Cocoa Powder
- Sugar
- Milk
- Vanilla
- Berries

Friday

Asian Chicken Meatballs and Rice

- Chicken Mince
- Ginger & Garlic
- Soy & Sweet Chilli Sauce
- Breadcrumbs
- Rice

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)

15.11.21

P&C Association
KENMORE SOUTH STATE SCHOOL



Lunchbox OSHC Uniforms