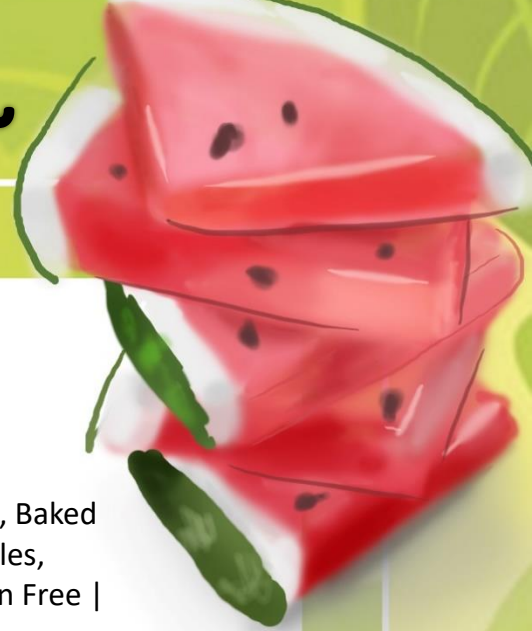


~ KSSS OSHC MENU ~



Term 3 - Week 2

- 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

Tomato & Vegie Pasta

- Spaghetti pasta
- Tomato pasta sauce
- Onion
- Carrot
- Zucchini

Tuesday

Flavoured Rice Cakes & Vegie Sticks

- Flavoured rice cakes
- Cheese cubes
- Cucumber
- Carrot
- Cherry Tomatoes

Wednesday

Curried Sausages

- Sausages
- Onions
- Stock
- Curry powder
- Mixed vegies

Thursday

Banana Oven Baked Pancake

- Plain Flour
- Sugar
- Milk
- Butter
- Bananas

Friday

Cheese & Chive Muffins

- Corn
- Grated cheese
- Chives
- Oil
- Milk
- Flour

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

- Everyday Fruits & Vegetables -

Apples, Oranges, Pears, Bananas, Grapes, Rockmelon, Pineapple, Watermelon, Strawberries, Mandarin, Cucumber, Carrot, Capsicum, Snow peas, Cherry tomatoes.

(Depending on what's in season)



20.07.20

P&C Association
KENMORE SOUTH STATE SCHOOL



Lunchbox OSHC Uniforms