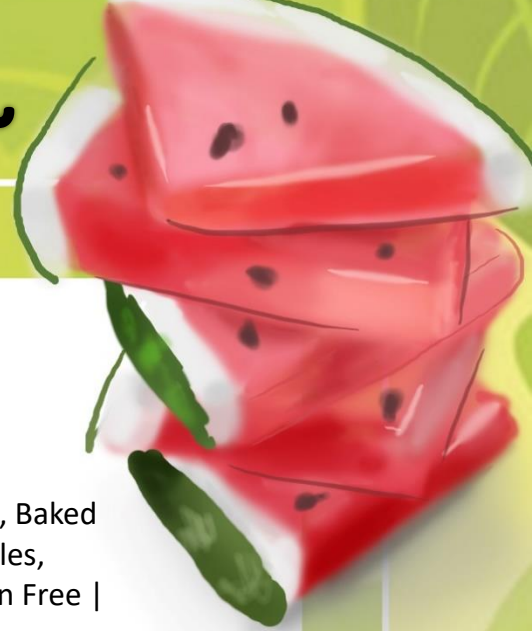


# ~ KSSS OSHC MENU ~

## Term 4 - Week 5

### - 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, Kabana & Crackers**

- Kabana
- Cheese Cubes
- Jatz
- Rice Crackers
- Vegie Sticks

#### Tuesday

##### **Asian Chicken Meatballs and Rice**

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

#### Wednesday

##### **Curried Sausages**

- Beef Sausages
- Onion
- Chicken Stock
- Curry Powder
- Mixed Vegetables
- Rice

#### Thursday

##### **Lemonade Scones**

- Self-raising Flour
- Cream
- Lemonade
- Salt
- Jam

#### Friday

##### **Bacon, Cheese and Chive Mini Muffins**

- Self-raising Flour
- Milk
- Grated Cheese
- Bacon Pieces
- Chives

\*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)



02.11.20

**P&C Association**  
KENMORE SOUTH STATE SCHOOL



Lunchbox OSHC Uniforms