

~ KSSS OSHC MENU ~

Term 1 - Week 4

- Breakfast -

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

- Afternoon Snack -

Monday

Loaded Nachos

- Corn Chips
- Salsa
- Sour Cream
- Cheese
- Lettuce
- Tomatoes

Tuesday

Orange Chicken & Rice

- Chicken Breast
- Rice
- Mixed vegetables
- Orange juice
- Orange zest
- Garlic
- Hoisin Sauce
- Salt & Pepper

Wednesday

Orange Juice Cake

- Eggs
- Orange juice
- Orange zest
- Gluten-free flour

Thursday

Fruit Smoothies

- Mixed berries
- Bananas
- Honey
- Greek Yoghurt
- Milk

Friday

Sausage Sizzle

- Beef Sausages
- Meat-Free Sausages
- Wholemeal Bread
- Gluten-Free Bread
- Tomato Sauce
- BBQ Sauce

- 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)

P&C Association
KENMORE SOUTH STATE SCHOOL



🍷 Tuckshop 🍷 OSHC 🍷 Uniform 🍷

Week Beginning - 17.02.20