



KSSS OSHC MENU

TERM 4 - Week 10



- Self-Serve Breakfast -

Options include - 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

Some options may not always be available

- Afternoon Snack -

Monday Lasagna

- Beef Mince
- Lasagne Sheets
- Tomato Pasta Sauce
- Cheese Sauce

Tuesday Bowtie Carbonara

- Bowtie Pasta
- Cream
- Diced Bacon
- Garlic
- Parmesan

Wednesday Kabana, Cheese, Crackers & Vegie Sticks

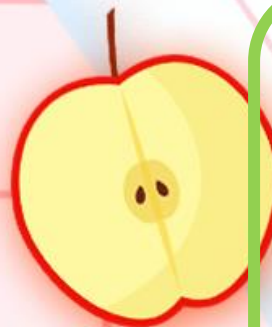
- Kabana
- Cheese
- Jatz/Rice Crackers
- Cucumber
- Carrot
- Capsicum

Thursday Yoghurt Cones

- Ice Cream Cones
- Yoghurt
- Mixed Berries

Friday Sausage Rolls

- Beef Sausages
- Puff Pastry
- Tomato Sauce
- BBQ Sauce



Meat free, Gluten free and Lactose/Dairy 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)

05.12.2022

