

2023 Ormond Primary School Out of School Hours Care Individual Diet



Child's Name _____

Date Revised: __/__/__

Please circle or highlight foods your child CAN consume at the program.

**Please note: These are the foods that are regularly served at the before and after care program. This does not include food used in cooking sessions or at the end of term party.*

Fruit & Vegetables

- Apples
- Oranges
- Banana
- Watermelon
- Pears
- Tomatoes
- Carrots
- Cucumber
- Grapes
- Strawberries
- Rock Melon
- Kiwi fruit
- Honey dew
- Pineapple
- Rockmelon
- Beans
- Capsicum
- Snow Peas
- Dried fruit (i.e Sultanas)
- Onion
- Other

Breads

- Pita
- French stick
- Multigrain bread
- White bread

Cereals

- Wheat bix
- Vita Bix
- Uncle Toby's Quick oats
- Creamy Honey
- Be Natural Pink Apple Cereal

Biscuits

- Savoy
- Sao
- Country cheese
- Cheds
- Cruskits
- Water biscuits
- Rice Crackers plain,
- Rice Cracker flavoured

Spreads

- Margarine
- Nuttelex
- Cheese Spread
- Vegemite
- Strawberry Jam
- Honey

Drinks

- Milo
- Milk
- Soy Good
- Bonsoy
- Orange Juice

Dips

- Hommus
- Tzatziki
- French onion
- Spring onion
- Cheese and chive
- Other.....
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Cheese

- Tasty Cheese
- Feta Cheese

Other foods please specify

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