

WINTER HOLIDAY PROGRAM MENU 2021



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Monday 28 th	Tuesday 29th	Wednesday 30th	Thursday 01st	Friday 02nd
<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>Fruit Yoghurt w/ Cereal - Vanilla + Strawberry Yoghurt - Cheerio's + Weetabix</p>	<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>Raisin Toast w/ - Jam (Strawberry + Apricot) - Vegemite - Butter</p>	<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>*Weetabix Slice RECIPE - Weet-bix, Gluten Free Flour, Baking Powder, Cocoa Powder, Desiccated Coconut, Sugar, Golden Syrup, Butter + Vanilla Extract/Essence</p>	<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>Smoothies - Frozen Berries, Mango, honey, Oat Milk, Cinnamon and Vanilla Extract/Essence</p>	<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>*Banana Bread RECIPE - Banana, Gluten Free Flour, Applesauce, Oat Milk, Honey, Vanilla Extract/Essence</p>
<p><u>Lunch</u></p> <p>*Spinach and ricotta rolls RECIPE - Puff Pastry, Spinach, Ricotta, Garlic, Paprika, Salt + Pepper</p>	<p><u>Lunch</u></p> <p>Sandwiches - Wholemeal bread w/ Cheese, Tomato, Lettuce, Cucumber, Shredded Carrot + Ham and Chicken</p>	<p><u>Lunch</u></p> <p>*Pizza Scrolls RECIPE - Capsicum, Fresh Spinach + Canned Pineapple Slices/Pieces - Shredded Ham + Cheese - Shredded Ham, Cheese + Veggie NON DAIRY AND MEAT FREE OPTION AVAILABLE</p>	<p><u>Lunch</u></p> <p>Wraps - Wholemeal wraps w/ Cheese, Tomato, Lettuce, Cucumber, Shredded Carrot + Ham and Chicken</p>	<p><u>Lunch</u></p> <p>*Pasta Bake RECIPE - Gluten Free Pasta, Pasta Sauce, Mixed Vegetables, Salt, Pepper, Herbs and Spices</p>

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<p><u>Afternoon tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Pears - Strawberries - Carrot sticks <p>*Zucchini Brownies RECIPE - Zucchini, Cocoa, Applesauce, Gluten Free Flour, Vanilla Essence/Extract</p>	<p><u>Afternoon tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Pears - Strawberries - Carrot sticks <p>Grazing Platter - Veggie sticks – Cucumber, Carrot + Cherry Tomatoes Crackers – Cheese + Plain Dips - Hummus + Tzatziki Cheese Cubes + Twiggy Sticks</p>	<p><u>Afternoon tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Pears - Strawberries - Carrot sticks <p>Baked Beans and Toast - Wholemeal bread - Baked beans</p>	<p><u>Afternoon tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Pears - Strawberries - Carrot sticks <p>Popcorn - Lightly Salted</p>	<p><u>Afternoon tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Pears - Strawberries - Carrot sticks <p>Flavoured Jelly + Yoghurt - Jelly - Vanilla Yoghurt - Strawberry Yoghurt</p>
<p style="text-align: center;">Monday 05th</p>	<p style="text-align: center;">Tuesday 06th</p>	<p style="text-align: center;">Wednesday 07th</p>	<p style="text-align: center;">Thursday 08th</p>	<p style="text-align: center;">Friday 09th</p>
<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes 	<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes 	<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes 	<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes 	<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes

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<p>Smoothies - Frozen Berries, Mango, honey, Oat Milk, Cinnamon and Vanilla Extract/Essence</p>	<p>Fruit Yoghurt w/ Cereal - Vanilla + Strawberry Yoghurt - Cheerio's + Weetabix</p>	<p>Pikelets - Honey - Fresh Fruit</p>	<p>Raisin Toast w/ - Jam (Strawberry + Apricot) - Vegemite - Butter</p>	<p>*Cereal Balls RECIPE - Granola, Honey, Raisins, Oat Milk, Desiccated Coconut, Vanilla Extract/Essence</p>
<p><u>Lunch</u> Salad Wraps - Wholemeal wraps w/ Cheese, Tomato, Lettuce, Cucumber, Shredded Carrot + Ham and Chicken</p>	<p><u>Lunch</u> Sandwiches - Wholemeal bread w/ Cheese, Tomato, Lettuce, Cucumber, Shredded Carrot + Ham and Chicken</p>	<p><u>Lunch</u> Nachos - Corn Chips, Cheese, Salsa, Avocado Dip, Sour Cream/Yoghurt/ Black Beans</p>	<p><u>Lunch</u> Popcorn - Unsalted Popcorn</p>	<p><u>Lunch</u> Grazing Platter - Veggie sticks – Cucumber, Carrot + Cherry Tomatoes Crackers – Cheese + Plain Dips - Hummus + Tzatziki Cheese Cubes + Twiggy Sticks</p>
<p><u>Afternoon tea</u> Fruit platter with selection of fruit - Apples - Watermelon - Grapes - Strawberries - Carrot sticks</p>	<p><u>Afternoon tea</u> Fruit platter with selection of fruit - Apples - Watermelon - Grapes - Strawberries - Carrot sticks</p>	<p><u>Afternoon tea</u> Fruit platter with selection of fruit - Apples - Watermelon - Grapes - Strawberries - Carrot sticks</p>	<p><u>Afternoon tea</u> Fruit platter with selection of fruit - Apples - Watermelon - Grapes - Strawberries - Carrot sticks</p>	<p><u>Afternoon tea</u> Fruit platter with selection of fruit - Apples - Watermelon - Grapes - Strawberries - Carrot sticks</p>

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<p>Toasted Sandwiches</p> <ul style="list-style-type: none"> - Ham, Cheese - Salami, Cheese - Ham, Cheese, Tomato, Spinach - Salami, Cheese, Tomato, Spinach 	<p>Popcorn</p> <ul style="list-style-type: none"> - Lightly salted. 	<p>*Raspberry Muffins</p> <p>RECIPE</p> <ul style="list-style-type: none"> - Oat Milk, Gluten Free Flour , Baking Powder, Baking Soda, Salt, Brown Sugar, Coconut Oil, Vanilla Extract/Essence + Raspberries 	<p>Flavoured Jelly + Yoghurt</p> <ul style="list-style-type: none"> - Jelly - Vanilla Yoghurt - Strawberry Yoghurt 	<p>*Carrot Cake</p> <p>RECIPE</p> <ul style="list-style-type: none"> Carrot, Gluten Free Flour, Cinnamon, Salt, Baking Powder/Soda, Brown Sugar, White Sugar, Applesauce
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NOTES:

- TheirCare are a NUT FREE ZONE
- TheirCare are an EGG FREE ZONE
- Gluten Free options are available
- Non-Dairy options are available
- Meat Free options are available
- Vegetarian options are available

NOTES:

- . Preparing for Rooms;
- ROOM 1 & 2
- ROOM 3 & Sensory Garden
- ROOM 19 & 20
- ROOM 24 & 25

NOTES:

- . PLEASE PREPARE VEGETARIAN AND DAIRY FREE OPTIONS