

# OATLEY OUT OF SCHOOL HOURS CARE CENTRE

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## AFTERNOON TEA MENU

Oatley OOSH-Care aims to provide your child with a healthy snack during the after school session. Our menu is offered in a rotating manner so that each afternoon has a different item.

Please read through the menu carefully as it is *your responsibility* to inform educators if your child is allergic to any of the items or if you have any special dietary requirements.

All food and drinks will be subject to availability.

Everyday	Apples, Oranges, Bananas, watermelon (depending on seasonal fruits) Water Sweet Biscuits
Fruit Platter / Banana Bread	Watermelon, Kiwi fruit, Strawberries, Rockmelon, Pineapple, Apples, Oranges, Frozen berries, Premade Banana Bread <small>Availability of fruit variety will depend on the season.</small>
Sandwiches	Tomato, Cheese, Vegemite, Honey, Jam, Cream Cheese, Devon, Ham, Butter, Egg and Mayonnaise <small>Filling variety will depend on availability.</small>
Cereal	Weetbix, Cheerios, Nutrigrain, Sultana Bran, Rice Bubbles, or Cornflakes <small>Cereal variety will depend on availability.</small>
Picnic Platter	Cheese Cubes, Cabanossi/Twiggy sticks, Apricots, Grapes, Sao's, Jatz, Sultanas
Spreads	Vegemite, Jam, Honey, SAO's, Cruskits, Wholemeal Bread, Sliced Cheese
Milk Drink	Long life flavoured milk or milk with Milo or Nesquik.
Occasional	Tiny Teddies, Yoghurt, Muesli Bars, Babybel Cheese, Shapes, Hot Dogs

# Afternoon Tea

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	Cabanossi, Jatz, Sao's, Carrots, Cucumber Sultanas, Apricots, Cheese	Cereal	Fruit Platter  Banana Bread	Sandwiches	Spreads - Cruskits Rice Cakes, Bread Sao's Milk Drink
2	Spreads - Cruskits Rice Cakes, Bread Sao's Milk Drink	Cabanossi, Jatz, Sao's, Carrots, Cucumber Sultanas, Apricots, Cheese	Cereal	Fruit Platter  Banana Bread	Sandwiches
3	Sandwiches	Spreads - Cruskits Rice Cakes, Bread Sao's Milk Drink	Cabanossi, Jatz, Sao's Carrots, Cucumber Sultanas, Apricots, Cheese	Cereal	Fruit Platter  Banana Bread
4	Cereal	Fruit platter  Banana Bread	Spreads - Cruskits Rice Cakes, Bread Sao's Milk Drink	Cabanossi, Jatz, Sao's Carrots, Cucumber Sultanas, Apricots, Cheese	Sandwiches
5	Fruit platter  Banana Bread	Cereal	Sandwiches	Spreads - Cruskits Rice Cakes, Bread Sao's Milk Drink	Cabanossi, Jatz, Sao's Carrots, Cucumber Sultanas, Apricots, Cheese