

# LOOSH MENU

**Term 3**

**August WEEK 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Children may select from the following options:            Choice of cereals: Weetbix, rice bubbles, corn flakes, oats, cheerios            Served with milk (Non- dairy available)  <b>AND</b>            Selection of: Wholemeal/wholegrain toast and/or wholemeal/wholegrain English muffins and/or wholemeal crumpets and/or raisin/fruit bread with small amounts of assorted spreads (e.g. nuttalex, vegemite, jam etc. )  <b>AND</b>            Seasonal fruit (e.g. apples, oranges, bananas, pears) served with natural yogurts</p>				
Afternoon tea	Apple pie puffs + crackers & dip	Home made sausage rolls + Hummus, biscuits and veggie dipping sticks	Home made Carrot cake + crackers	Home made blueberry muffins + rice cake	Assortment of toasted sandwiches + pretzels
<p>All afternoon tea meals are served with a fresh fruit and vegetable platter and water is available at all times            N.B Menu developed using the feed Australia guidelines and heart smart foundation</p>					

# LOOSH MENU

**Term 3**

**August WEEK 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Children may select from the following options:            Choice of cereals: Weetbix, rice bubbles, corn flakes, oats, cheerios            Served with milk (Non- dairy available)  <b>AND</b>            Selection of: Wholemeal/wholegrain toast and/or wholemeal/wholegrain English muffins and/or wholemeal crumpets and/or raisin/fruit bread with small amounts of assorted spreads (e.g. nuttelex, vegemite, jam etc. )  <b>AND</b>            Seasonal fruit (e.g. apples, oranges, bananas, pears) served with natural yogurts</p>				
Afternoon tea	<p>Fresh banana bread</p> <p>+ Crackers and hummus</p>	<p>Pizza Scrolls, with zucchini, mushroom, Capsicum and salami</p> <p>+</p> <p>Hummus, biscuits and veggie dipping sticks</p>	<p>Taco's</p> <p>+ Rice cakes</p>	<p>Grazing platter with cold meats, veggies and dip</p> <p>+ Hummus, biscuits and veggie dipping sticks</p>	<p>Sausage sizzle</p> <p>+ pretzels</p>
<p>All afternoon tea meals are served with a fresh fruit and vegetable platter and water is available at all times            N.B Menu developed using the feed Australia guidelines and heart smart foundation</p>					

# LOOSH MENU

**TERM 3**

**August WEEK 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Children may select from the following options:            Choice of cereals: Weetbix, rice bubbles, corn flakes, oats, cheerios            Served with milk (Non- dairy available)</p> <p><b>AND</b></p> <p>Selection of: Wholemeal/wholegrain toast and/or wholemeal/wholegrain English muffins and/or wholemeal crumpets and/or raisin/fruit bread with small amounts of assorted spreads (e.g. nuttalex, vegemite, jam etc. )</p> <p><b>AND</b></p> <p>Seasonal fruit (e.g. apples, oranges, bananas, pears) served with natural yogurts</p>				
Afternoon tea	Weetbix slice + Rice cakes	Fresh banana and choc chip muffins + Hummus, biscuits and veggie dipping sticks	Ham & cheese + salami and cheese pastry puffs + crackers	Home made pizza with various toppings + rice cake	Scones with jam and cream +Rice cakes
<p>All afternoon tea meals are served with a fresh fruit and vegetable platter and water is available at all times            N.B Menu developed using the feed Australia guidelines and heart smart foundation</p>					

# LOOSH MENU

**TERM 3**

**August WEEK 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Children may select from the following options:            Choice of cereals: Weetbix, rice bubbles, corn flakes, oats, cheerios            Served with milk (Non- dairy available)</p> <p><b>AND</b></p> <p>Selection of: Wholemeal/wholegrain toast and/or wholemeal/wholegrain English muffins and/or wholemeal crumpets and/or raisin/fruit bread with small amounts of assorted spreads (e.g. nuttalex, vegemite, jam etc. )</p> <p><b>AND</b></p> <p>Seasonal fruit (e.g. apples, oranges, bananas, pears) served with natural yogurts</p>				
Afternoon tea	Fresh strawberry muffins  + rice cake	Spaghetti and baked bean bread cases  +Hummus, biscuits and veggie dipping sticks	Home made blueberry muffins  + rice cake	Carrot cake  + crackers	Banana and oat honey muffins  + pretzels
<p>All afternoon tea meals are served with a fresh fruit and vegetable platter and water is available at all times            N.B Menu developed using the feed Australia guidelines and heart smart foundation</p>					