

## THE SHAC MENU - TERM 4 2026

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| <b>BEFORE<br/>SCHOOL<br/>CARE</b> | STANDARD BREAKFAST<br>CHOICES SERVED<br>DAILY:        | <p>DRINKS: water, milk or Milo</p> <p>TOAST: wholemeal or white bread with a choice of honey, jam, vegemite, spaghetti, baked beans, ham and cheese.</p> <p>CEREAL: rice bubbles, cornflakes, Weetabix, Milo cereal, Coco Pops, Nutrigrain with full cream OR alternative milk.</p> <p>OTHER: vanilla, strawberry or mango yoghurt or yoghurt pops, fresh fruit.</p> <p>ALLERGY VARIATION: soy milk, LF milk, LF yogurt, GF cereal and GF bread.</p>                                                                                                                                                                                                                |
| <b>AFTER<br/>SCHOOL<br/>CARE</b>  | STANDARD<br>AFTERNOON TEA<br>CHOICES SERVED<br>DAILY: | <p>DRINKS: Water</p> <p>FRESH VEGETABLES: (seasonal fresh from the markets each week) that may include carrots, cucumber, cherry tomatoes,</p> <p>FRESH FRUITS: (seasonal fresh from the markets each week) that may include pineapple, apple, watermelon, rockmelon, honey dew, strawberries, bananas, kiwi fruit, oranges, mandarins,</p> <p>SANDWICHES: filling options-lettuce and tomato slices, Vegemite, jam, mayo, ham, chicken and cheese,<br/>CORN CHIPS &amp; SALSA<br/>RICE CRACKERS, DIPS AND VEGIE STICKS: dip options-spring onion, French onion and Hommus,<br/>POPCORN</p> <p>ALLERGY VARIATION: GF bread, GF crackers, LF cheese, vegan mayo.</p> |

**\*\*All snacks are prepared to accommodate children's allergies, intolerances and dietary requirements\*\***