Immanuel Lutheran College OSHC

After School Care Term 4 2017

Oct 2	Oct 3	Oct 4	Oct 5	Oct 6
	Chocolate cake	Tacos with	Pasta with pasta	Make your own
Queen's Birthday	Popcorn	tomato, salsa and	sauce and cheese	Sushi
	Capsicum and	guacamole	Watermelon +	Rice crackers +
Public Holiday	carrot slices	Apple and banana	Rockmelon pieces	hummus dip
	Water	slices	Water	Fruit + Veg Platter
		Water		Water
Oct 9	Oct 10	Oct 11	Oct 12	Oct 13
Cheese + Zucchini	Coconut banana	Pizza scrolls with	Sandwiches with	Pikelets with
Slice	bread	-spinach and	various toppings	honey and
Popcorn	Fruit + Veg Platter	cheese	Banana and	banana slices
Apple and orange	Water	-ham, cheese and	rockmelon slices	Fruit + Veg Platter
slices		pineapple	Water	Water
Water		Fruit + Veg Platter		
		Water		
Oct 16	Oct 17	Oct 18	Oct 19	Oct 20
Student Free Day	Meat + cheese	Hot dogs in bread	Mini pizzas	Make you're your
Pastry scrolls with	cubes	with sauces and	-ham & cheese	own Sandwiches
-spinach and	Rice crackers +	cheese	- pineapple &	with various
cheese	hummus dip	Apples and	cheese	toppings
-vegemite and	Carrot sticks and	Oranges	Apple and Carrot	τορριίιβο
cheese	cherry tomatoes	Water	slices	Fruit + Veg Platter
Fruit + Veg Platter	Water	Water	Water	Water
Water	· · · · · ·		· · · · · ·	· · · · · ·
23 Oct	24 Oct	25 Oct	26 Oct	27 Oct
Fruit Bread	Taco scrolls with	Pasta with pasta	Meat + cheese	Toasted tortillas
Rice crackers +	sour cream,	sauce and cheese	cubes	with cheese,
hummus dip	guacamole and	Watermelon +	Rice crackers +	cheese & ham,
popcorn	tomato	Rockmelon pieces	hummus dip	tomato, cheese &
Fruit + Veg Platter	Banana and apple	Water	Carrot sticks and	ham
Water	slices		cherry tomatoes	Vegetable sticks
	Water		Water	(capsicum, carrot,
				cucumber)
				Water
Oct 30	Oct 31	Nov 1	Nov 2	Nov 3
Sandwiches with	Mini hotdogs	Raw Cacao Balls	Pikelets with	Chocolate cake
various toppings	with sauces,	Rice crackers +	honey and	
Banana and	Popcorn	Hummus dip	banana slices	Capsicum and
rockmelon slices	Fruit + Veg Platter	Carrot sticks and	Fruit + Veg Platter	carrot slices
Water	Water	cherry tomatoes	Water	Apple slices
		Water		Water