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|--|--|--|---|--|
| <b>8 October</b>   | <b>9 October</b>   | <b>10 October</b>  | <b>11 October</b>   | <b>12 October</b>  |
| Toasted cheese and ham tortilla<br>w<br>Fruit and veg platter<br>Water               | Zucchini Slice<br>w<br>Apple and tomatoes (Sam H)<br>Water                                   | Popcorn and crackers<br>w<br>Apricots and oranges<br>Water                               | Home-made pikelets with honey and banana<br>w<br>Fruit and veg platter<br>Water                           | Tacos (Lily O) with sour cream, avo, cheese and tomato<br>W<br>Fruit and veg platter<br>Water            |
| <b>15 October</b>  | <b>16 October</b>  | <b>17 October</b>  | <b>18 October</b>   | <b>19 October</b>  |
| Coconut and banana bread<br>w<br>Apple and oranges<br>Water                          | Slow cooked pumpkin soup with garlic bread<br>w<br>Apricots and oranges<br>Water             | Healthy fried rice<br>w<br>Apple (Jack.S) and carrot (Alecia)<br>Water                   | Popcorn and crackers (Georgia)<br>w<br>Apricots and oranges<br>Water                                      | Make your own sushi (Abby)<br>w<br>Fruit and veg platter<br>Water  |
| <b>22 October</b>  | <b>23 October</b>  | <b>24 October</b>  | <b>25 October</b>   | <b>26 October</b>  |
| Healthy fried rice<br>w<br>Apple and carrot (Sam H)<br>Water                         | Indigenous native bush pasta (Bianca)<br>w<br>Fruit and veg platter<br>Water                 | Apple crumble (Nathan F)<br>w<br>Fruit and veg platter<br>Water                          | Make your own sushi (Talia)<br>w<br>Fruit and veg platter<br>Water  | Home-made hummus with crackers<br>W<br>Fruit and veg platter<br>Water                                    |
| <b>29 October</b>  | <b>30 October</b>  | <b>31 October</b>  | <b>1 November</b>   | <b>2 November</b>  |
| Coconut banana bread (Nathan F)<br>w<br>cherry tomatoes and cucumber slices<br>Water | Slow cooked chicken and veg soup with garlic bread<br>w<br>Apple and grapes (Sam H)<br>Water | Home-made pikelets with honey and banana (Jack S)<br>w<br>Fruit and veg platter<br>Water | Popcorn and crackers with various toppings<br>w<br>Capsicum (Shivam) and carrot (Nathan F)<br>Water       | Nachos (Sam H) with Kutjera Bush tomato relish, cheese, avo and sour cream<br>W<br>Fruit and veg platter |
| <b>5 November</b>  | <b>6 November</b>  | <b>7 November</b>  | <b>8 November</b>   | <b>9 November</b>  |
| Home-made pikelets with honey and banana<br>w<br>Carrot and grapes<br>Water          | Cheese and zucchini slice<br>w<br>Apple and oranges<br>Water                                 | Sandwiches (Max M) with lettuce (from the OSHC vege garden), avo, cheese and mayo        | Slow cooked chilli con carne with the option of a wrap<br>w<br>Carrot sticks and cherry tomatoes<br>Water | Apple crumble (Nathan F)<br>w<br>fruit and veg platter<br>Water  |



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|  |  | W Apple and oranges (Nathan F) |  |  |
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## **Immanuel Lutheran College OSHC**

### **Term 4 After School Care Menu**