



OSHC AFTERNOON TEA MENU - TERM THREE 2020

Just like a car needs petrol to run well, our bodies need proper nutrition to function optimally, especially if it is growing and developing rapidly. If you don't put the right fuel in a car, eventually it will stop working and that is why at Rockhampton Girls Grammar Outside School Hours Care we strive to offer a menu that fosters optimum health in all participants.

Growing children however may have swings in appetite depending on their activity levels and that is why we believe that it is important to allow children to choose how much they need to eat from a wide variety of healthy foods. Studies show that snacking is important for children because their smaller stomachs fill up fast and they burn energy quickly. Between meals, snacks give growing bodies the nutrients and hydration they need. As the older school-aged child will not have as many opportunities to snack as frequently throughout the day a larger snack after school is recommended.

Any time a group of people sit down together to share a meal provides opportunities for socialisation and communicate with others, develop good eating behaviours, as well as learn about nutrition and food variety. Children learn a lot from watching and listening to adults and it is for this reason that the educators at RGGGS OSHC sit with the group and take part in meal times in an attempt, to role model healthy eating habits that will help each participant to develop good habits, as well as extend on developing communication skills.

Alternatives are offered for gluten/lactose/dairy allergies and halal or vegetarian dietary requirements.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Lasagne and Garlic Bread	Vegetarian Spring Rolls and Potato Gems	Assorted Cookies and Fresh Fruit	Corn Thins, Sao's or Cruskits with Assorted Spreads	Chicken Noodles
WEEK TWO	Chicken Noodles	Spaghetti Bolognese with Garlic Bread	Assorted Mini Muffins and Yoghurt	Vegetarian Spring Rolls and Dim Sims	Veggie and Cheese Sticks, Dips and Rice Crackers
WEEK THREE	Corn Thins, Sao's or Cruskits with Assorted Spreads	Grilled Sausages in Bread	Spaghetti Bolognese with Garlic Bread	Veggie and Cheese Sticks, Dips and Rice Crackers	Corn Thins, Sao's or Cruskits with Assorted Spreads
WEEK FOUR	Grilled Sausages in Bread	Spaghetti Bolognese with Garlic Bread	Beef Nachos with Sour Cream and Salsa	Mini Hotdogs	Lasagne with French Bread Sticks
WEEK FIVE	Mini Hotdogs	Veggie and Cheese Sticks, Dips and Rice Crackers	Spaghetti Bolognese with Garlic Bread	Assorted Cookies and Fresh Fruit	Pikelets with Yoghurt or Fresh Cream and Honey
WEEK SIX	Spaghetti Bolognese with Garlic Bread	Chicken Noodles	Veggie and Cheese Sticks, Dips and Rice Crackers	Grilled Sausages in Bread	Vegetarian Spring Rolls and Dim Sims
WEEK SEVEN	Veggie and Cheese Sticks, Dips and Rice Crackers	Assorted Mini Muffins and Yoghurt	Beef Nachos with Sour Cream and Salsa	Chicken Noodles	Mini Hotdogs
WEEK EIGHT	Assorted Cookies and Fresh Fruit	Veggie and Cheese Sticks, Dips and Rice Crackers	Pikelets with Yoghurt or Fresh Cream and Honey	Vegetarian Spring Rolls and Potato Gems	Student Free Day – Staff PD
WEEK NINE	Pikelets with Yoghurt or Fresh Cream and Honey	Mini Hotdogs	Chicken Noodles	Vegetarian Spring Rolls and Dim Sims	Lunch: Spaghetti Bolognese with Garlic Bread
					Afternoon Tea: Assorted Cookies and Fresh Fruit