



YMCA NSW

Weekly Menu YMCA Oakhill OSHC

WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Shredded wheat, cornflakes, weetbix, muesli or oats Served with low fat milk	Shredded wheat, cornflakes, weetbix, muesli or oats Served with low fat milk	Sultana bran, cornflakes, weetbix, muesli or oats Served with low fat milk	Shredded wheat, cornflakes, weetbix, muesli or oats Served with low fat milk	Shredded wheat, cornflakes, weetbix, muesli or oats Served with low fat milk
	Jam, butter, vegemite, cheese spread on wholemeal or fruit toast	Jam, butter, vegemite, cheese spread on wholemeal or fruit toast	Pancakes with Jam, butter, vegemite, cheese spread or maple syrup	Wholemeal toast with jam, butter, vegemite or cheese spread	Jam, butter, vegemite, cheese spread on wholemeal or fruit toast
	Water and Milk Available	Water and Milk Available	Water and Milk Available	Water and Milk Available	Water and Milk Available
Afternoon Tea	Seasonal fresh fruit and vegetables Rice crackers with salsa or home-made guacamole dip	Seasonal fresh fruit and vegetables Tortilla wraps with chicken or ham and lettuce, tomato, cucumber, capsicum	Seasonal fresh fruit and vegetables Pasta with tomato, spinach and cheese	Seasonal fresh fruit and vegetables Custard or fruit yoghurt with blueberries	Seasonal fresh fruit and vegetables Vegetarian spring rolls with soy or sweet chilli sauce
	Water Available	Water Available	Water Available	Water Available	Water Available
Any Changes or Additions to the Menu					

Menu Notes
<ul style="list-style-type: none"> • Food will be available in between meals for children who require this. (Regulation 78 Food and beverages) • Water is available to all children at all times throughout the day. (Regulation 78 Food and beverages) • The food that is served to the children is nutritious and adequate in quantity. (Regulation 79 Service providing food and beverages) • The food provided is chosen in regards to the dietary requirements of individual children taking into account each child's growth, development and health needs. (Regulation 79 Service providing food and beverages) • All meals and menus take into account multiculturalism and various multicultural foods have been chosen for our menus. (Regulation 79 Service providing food and beverages) • The weekly menu will be on display at the service accessible to parents. (Regulation 80 Weekly Menu)



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• The weekly menu will accurately describe the food and beverages provided at the service. (Regulation 80 Weekly Menu)

