

KTOOSH WEEKLY MENU



WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	Children may select from the following options: Choice of cereals: Weetbix, Rice Bubbles, Corn Flakes, Sultana Bran, Wholegrain Cheerio's. Serve with reduced fat milk. AND Selection of: Wholemeal Toast with small amounts of assorted spreads (e.g. Canola Margarine, Vegemite, Cream Cheese Spread, Honey)				
	Drink	Juice, Water or Reduced Fat Plain Milk				
AFTERNOON SNACK	Fruit and Vegetable Selections (e.g. apples, oranges, pears, carrots, celery, cucumbers, snow peas, capsicum, cherry tomatoes) + Cubed Cheese. These will be rotated week to week					
	Food	Crackers, Reduced Fat Cheese, Various Dip, Sultanas	Wholemeal Sandwiches with selections of Chicken, Ham, or Spreads	Wholemeal Sandwiches with selections of Chicken, Ham or Spreads	Wholemeal Sandwiches with selections of Chicken, Ham or Spreads	Crackers, Reduced Fat Cheese, Various Dip, Sultanas
	Drink	Water	Water	Water	Water	Water

**** Children, Parents & Families have your say..... ****

We would love to hear any nutritional snack ideas or input towards our KT OOSH menu so please let us know by emailing suggestions to feedback@ktoosh.com.au or writing it in our suggestions book at the centre.

NOTE: Additional changes to the menu may include Milo Custard, Wholemeal Wraps, Popcorn & Beans or on Treat Days once a Term Noodles, Hot Dogs or Spaghetti Sandwiches