

Term Menu Documentation

Term 1 2025

Samford OSHC



Samford OSHC provides food as a part of the services education and care. As such, we acknowledge the importance of providing nutritious food that meets the needs of our children. Parents are supported to understand our approach to nutrition and healthy eating habits and their associated benefits.

Health and Nutrition Guidelines

Samford OSHC provides nutritious food and drink options for breakfast (BSC) and afternoon tea (ASC) in line with information and advice provided by recognised health authorities (Nutrition Australia, QLD Health, PANOSHC).

Linking to National Quality Standards

Quality Area 1	
1.3.3	Information for families
Quality Area 2	
2.1	Health
2.2.3	Healthy Lifestyle
Quality Area 6	
6.2	Collaborative Partnerships

Term 1 Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
BSC	<p>Every day: A selection of cereals (cornflakes, rice bubbles, weetbix, sultana bran or porridge), multigrain or wholewheat toast with an assortment of spreads (nuttlex, vegemite, honey, jam), variety of yoghurts, milk and seasonal fresh fruit.</p> <p>Daily Specials: Each day a special will be served alongside breakfast.</p>				
ASC	<p>Every day: Seasonal Fruit and Veg Platter, Assorted Fresh Sandwich Platter (Vegemite, jam, ham & cheese, spaghetti, chicken, egg, honey, cheese)</p> <p>Daily Specials: Each day a special afternoon tea treat will be served.</p>				
Week 1 – 27th January					
BSC	PUBLIC HOLIDAY	Cold Milo	Fruit Smoothies	Hash Browns	Raisin Toast
ASC		Ham & Cheese Scrolls	Spring Rolls	Choc Chip Cookies	Popcorn
Week 2 – 3rd February					
BSC	Toasties	Croissants	Fruit Smoothies	Pancakes	Hashbrowns
ASC	Cheese, Kabana and Crackers	Cinnamon Scrolls	Pizza	Fairy Bread	Nachos
Week 3 – 10th February					
BSC	Cheese Toasties	Fruit Smoothies	Pancakes	Hashbrowns	Cold Milo
ASC	Vegemite and Cheese Scrolls	Lemon Slice	Empanadas	Jam Scrolls	Popcorn
Week 4 – 17th February					
BSC	Cold Milo	Hashbrowns	French Toast	Fruit Smoothies	Raisin Toast
ASC	Taco Cups	Apricot Coconut Balls	Ham and Cheese Scrolls	Chocolate Chip Cookies	Lucky Dip

Week 5 – 24th February					
BSC	Pancakes	Cheesy Toast	Breakfast Muffins	Hashbrowns	French Toast Sticks
ASC	Oat Slice	Mac and Cheese Cups	Meatballs w/ Sauce	Raspberry & White Choc Muffins	Corn Fritter Bites
Week 6 – 3rd March					
BSC	Cold Milo	Breakfast Pizza	Apple Danish	Fruit Smoothies	Breakfast Quesadillas
ASC	Savoury Muffins	Cinnamon Rolls	Pita with Hummus and Tzatziki	ANZAC Biscuits	Chocolate Bliss Balls
Week 7 – 10th March					
BSC	Toasties	Raisin Toast	English Breakfast	Breakfast Burritos	French Toast
ASC	Pigs in a Blanket	Fairy Bread	Popcorn	Chocolate Chip Cookies	Lucky Dip
Week 8 – 17th March					
BSC	Cold Milo	Hashbrowns	Cheesy Toast	Scrambled Eggs w/ Bacon	Apple Danish
ASC	St Patricks Day Cupcakes	Trail Mix	Sausage Rolls	Lemon Slice	Corn Chips & Guac
Week 9 – 24th March					
BSC	Fruit Smoothies	Raisin Toast	Cold Milo	Breakfast Quesadillas	Pancakes
ASC	Banana Bread	Ham & Cheese Scrolls	Popcorn	Savoury Muffins	Fairy Bread

Week 10 – 31st March

BSC	Cold Milo	Croissants	Scrambled Eggs	English Breakfast	Hashbrowns
ASC	Pita with Hummus and Tzatziki	Cheese, Kabana and Crackers	Rice Krispie Treats	Vegemite and Cheese Scrolls	Lucky Dip