

# Term Menu Documentation

Term 2 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

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

## Term 2 Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
BSC	<b>Every day:</b> 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. <b>Daily Specials:</b> Each day a special will be served alongside breakfast.				
ASC	<b>Every day:</b> Seasonal Fruit and Veg Platter, Assorted Fresh Sandwich Platter (Vegemite, jam, ham & cheese, spaghetti, chicken, egg, honey, cheese) <b>Daily Specials:</b> Each day a special afternoon tea treat will be served.				
<b>Week 1 – 21<sup>st</sup> April</b>					
BSC	<b>PUBLIC HOLIDAY</b>	Crumpets	Cheesy Toast	Apple Danish	<b>PUBLIC HOLIDAY</b>
ASC		Sausage Rolls	Cheerios	Anzac Biscuits	
<b>Week 2 – 28<sup>th</sup> April</b>					
BSC	Spaghetti Toasties	Loaded Hashbrowns	Omelettes	Pancakes	Breakfast Apple Crumble
ASC	Brownies	Chicken Nuggets	Banana Bread	Sushi	Hot Dogs
<b>Week 3 – 5<sup>th</sup> May</b>					
BSC	<b>PUBLIC HOLIDAY</b>	Croissants	Breakfast Pizza	Bacon and Eggs	Breakfast Quesadillas
ASC		Taco Tuesday	Blueberry Muffins	Cheese and Crackers	Tarte Flambe
<b>Week 4 – 12<sup>th</sup> May</b>					
BSC	Bubble and Squeak	Raisin Toast	Piklets	Milo	French Toast
ASC	Lucky Dip	Kabana, Cheese and Crackers	Pigs in a blanket	Chocolate Cake	Dino Nuggets

<b>Week 5 – 19<sup>th</sup> May</b>					
BSC	Spaghetti Toasties	Hashbrowns	Waffle Wednesday	Cheesy Toast	Breakfast Burgers
ASC	Choc Chip Cookies	Carrot Cake	Vegemite and Cheese Scrolls	Meatballs with Sauce	Lucky Dip
<b>Week 6 – 26<sup>th</sup> May</b>					
BSC	Milo	Croissants	Apple Danish	Pancakes	Breakfast Apple Crumble
ASC	Empanadas	Lemon slice	Fairy Bread	Ham and Cheese Scrolls	Pizza Open Grill
<b>Week 7 – 2<sup>nd</sup> June</b>					
BSC	Toasties	Loaded Hashbrowns	Smoothies	Pikelets	Bacon and eggs
ASC	Savoury Muffins	Cinnamon rolls	Lasagne Bites	Rice Krispie Treats	Party Pies
<b>Week 8 – 9<sup>th</sup> June</b>					
BSC	Hot Chocolate	Crumpets	Breakfast Pizzas	Breakfast Burritos	Apple Danish
ASC	Corn Fritters	Nachos	Oat Slice	Mini Quiche	Lucky Dip
<b>Week 9 – 16<sup>th</sup> June</b>					
BSC	Hashbrowns	Milo	Waffle Wednesday	Scrambled eggs with bacon	Breakfast Quesadillas
ASC	Mini Beef and Bacon Pies	Choc Chip Cookies	Popcorn	Apricot Bliss Balls	Hot Dogs
<b>Week 10 – 23<sup>rd</sup> June</b>					
BSC	Milo	Raisin toast	Piklets	Crumpets	Breakfast Burgers
ASC	Chocolate Bliss Balls	Cheese and Crackers	Sausage Rolls	Caramel Slice	Lucky Dip

