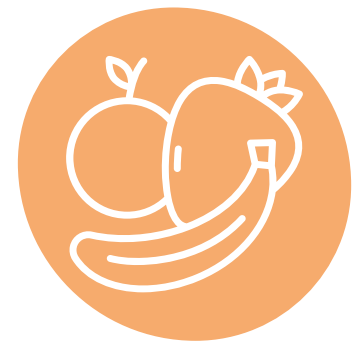


Sunkids Summer Menu Example.

Week 1

Morning Tea.



Monday.

Cool Creamed Rice with Fruit Salad.

Milk & Water

Tuesday.

Saos with Cheese & Tomato.

Milk & Water

Wednesday.

Fresh Fruit with a Cheese & Cracker Selection.

Milk & Water

Thursday.

Fruit Salad with Yoghurt and a Drizzle of Honey.

Milk & Water

Friday.

Scones with Jam and Cream.

Milk & Water

Lunch.



Chicken Breast, Salad & Hard Boiled Eggs.

OR

Cheese & Vegemite Wraps.

Water

Meatballs with Salsa & Side Salad.

OR

Assorted Filled Sandwiches

Water

Cheese, Avocado & Salad Wraps.

OR

Spaghetti Bolognaise.

Water

Mini Italian Pizzas.

OR

Crumbed Fish with Crunchy Noodle Salad.

Water

Pita Pockets with Chicken Breast & Salad.

OR

Beef & Vegetable Noodle Stir Fry.

Water

Afternoon Tea.



Raisin Bread with Sliced Strawberries.

Water

Cooled Fruit Kebabs with Yoghurt.

Water

Lemon Muffins.

Water

Cheese & Vegemite Wraps.

Water

Vegetable, Cheese & Cracker Selection.

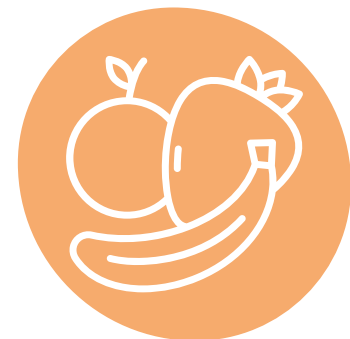
Water



Sunkids Summer Menu Example.

Week 2

Morning Tea.



Monday.

Pumpkin Scones.

Milk & Water

Tuesday.

Granola Cups.

Milk & Water

Wednesday.

Crispbreads with Cream Cheese Spread.

Milk & Water

Thursday.

Sliced Fresh Fruit & Yoghurt.

Milk & Water

Friday.

Banana Muffins.

Milk & Water

Lunch.



Chicken Balls with Side of Pasta Salad.

OR

Asparagus & Corn Quiche with Side of Pasta Salad.

Water

Roast Beef & Salad Sandwiches.

OR

Pasta Roma.

Water

Jaffles with Chicken & Cheese.

OR

Mexican Taco Shells with Fillings.

Water

Hot Dogs with Cheese & Tomato Wedges.

OR

Chicken Tenders with Side of Potato Salad.

Water

Chicken & Vegetable Noodle Stir Fry.

OR

Assorted Filled Sandwiches.

Water

Afternoon Tea.



Fresh Fruit Selection.

Water

Cheese, Vegetable & Cracker Selection.

Water

Homemade Fruit Salad & Jelly Cups.

Water

Cheese & Salad Wraps.

Water

Frozen Oranges with a Biscuit.

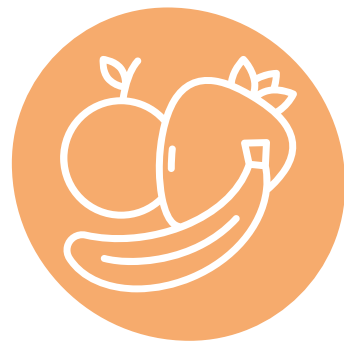
Water



Sunkids Summer Menu Example.

Week 3

Morning Tea.



Monday.

Rice Cakes with Assorted Spreads.

Milk & Water

Tuesday.

Apple Oat Muffins.

Milk & Water

Wednesday.

Fresh Fruit Salad with a Biscuit.

Milk & Water

Thursday.

Sultana Scones.

Milk & Water

Friday.

Soas with Cheese & Vegemite.

Milk & Water

Lunch.



Pasta Roma.

OR

Chicken Tenders with Honey Mustard Sauce & Side Salad.

Water

Cous Cous with Beef Strips & Vegetables.

OR

Cheese & Vegemite Wraps.

Water

Pita Pockets filled with Roast Beef & Salad.

OR

Mini Quiche with Pasta Salad.

Water

Sandiwches with Assorted Fillings.

OR

Spaghetti Bolognaise.

Water

Meat Ball Subs.

OR

Wraps with Assorted Fillings.

Water

Afternoon Tea.



Fresh Fruit, Cheese & Cracker Selection.

Water

Frozen Yoghurt with Berries.

Water

Raisin Bread with Strawberries.

Water

Fruit Salad with Custard.

Water

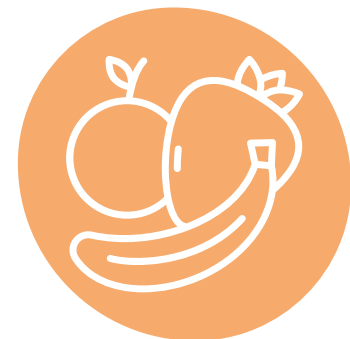
Cool Creamed Rice with Prunes.

Water

Sunkids Summer Menu Example.

Week 4

Morning Tea.



Monday.

Crispbreads with Cream Cheese Spread.

Milk & Water

Tuesday.

Jelly Slice with Bananas.

Milk & Water

Wednesday.

Cheese, Vegetable and Cracker Selection.

Milk & Water

Thursday.

Fruit Salad with Yoghurt.

Milk & Water

Friday.

Frozen Yoghurt with Berries.

Milk & Water

Lunch.



Beef, Vegetable & Noodle Stir Fry.

OR

Cheese & Vegemite Wraps.

Water

Chicken, Cheese & Carrot Wraps.

OR

Mini Italian Pizzas.

Water

Crumbed Fish with Crunchy Noodle Salad.

OR

Hot Dogs with Cheese & Tomato Wedge.

Water

Sandwiches with Assorted Fillings.

OR

Savoury Mince Wraps.

Water

Creamy Chicken Pasta Bake.

OR

Spaghetti & Baked Bean Jaffles.

Water

Afternoon Tea.



Fresh Fruit, Cheese & Cracker Selection.

Water

Fresh Fruit Selection.

Water

Frozen Oranges with a Biscuit.

Water

Sultant & Orange Muffins.

Water

Rice Cakes with Assorted Spreads.

Water