

SCHOOL'S OUT!

TERM FOUR MEAL PLAN

WEEK 5

WEEK 6

WEEK 7

WEEK 8

MON

BREAKFAST
SCHOOL'S OUT
BREAKFAST MENU

BREAKFAST
EGGS ON TOAST

BREAKFAST
SCHOOL'S OUT
BREAKFAST MENU

BREAKFAST
TOASTED
SANDWICHES

AFTERNOON TEA
SALAD ROLLS

AFTERNOON TEA
LOADED RICE CAKES

AFTERNOON TEA
FRUIT SKEWERS WITH
YOGHURT

AFTERNOON TEA
GRAZING PLATE WITH
DIPS, TURKISH BREAD
AND CRACKERS

TUE

BREAKFAST
SMOOTHIE BOWL

BREAKFAST
SCHOOL'S OUT
BREAKFAST MENU

BREAKFAST
BREAKFAST BOARD

BREAKFAST
SCHOOL'S OUT
BREAKFAST MENU

AFTERNOON TEA
FRUIT SKEWERS WITH
YOGHURT DIP

AFTERNOON TEA
GRAZING PLATE WITH
DIPS, TURKISH BREAD
AND CRACKERS

AFTERNOON TEA
APPLE MUFFINS

AFTERNOON TEA
RAVIOLI AND GARLIC
BREAD

WED

BREAKFAST
SCHOOL'S OUT
BREAKFAST MENU

BREAKFAST
TOASTED
SANDWICHES

BREAKFAST
YOGHURT CUP
WITH BERRIES AND
GRANOLA

BREAKFAST
SCHOOL'S OUT
BREAKFAST MENU

AFTERNOON TEA
PIZZA MUFFINS

AFTERNOON TEA
RAINBOW POKE
BOWL

AFTERNOON TEA
MEDITERRANEAN
MINI PITA POCKETS

AFTERNOON TEA
SANDWICH STATION

THU

BREAKFAST
SCHOOL'S OUT
BREAKFAST MENU

BREAKFAST
BANANA PANCAKES

BREAKFAST
EGGS ON TOAST

BREAKFAST
SCHOOL'S OUT
BREAKFAST MENU

AFTERNOON TEA
BANANA OAT BITES
WITH HONEY RICE
CAKES

AFTERNOON TEA
CHEESY NACHOS
WITH GUACAMOLE

AFTERNOON TEA
GRAZING PLATE WITH
DIPS, TURKISH BREAD
AND CRACKERS

AFTERNOON TEA
SCHOOL'S OUT CANP
DAMPER WITH
SPREADS

FRI

BREAKFAST
PANCAKE PLATTER

BREAKFAST
SCHOOL'S OUT
BREAKFAST MENU

BREAKFAST
SCHOOL'S OUT
BREAKFAST MENU

BREAKFAST
BREAKFAST BOARD

AFTERNOON TEA
GRAZING PLATE WITH
DIPS, TURKISH BREAD
AND CRACKERS

AFTERNOON TEA
MINI SANDWICHES

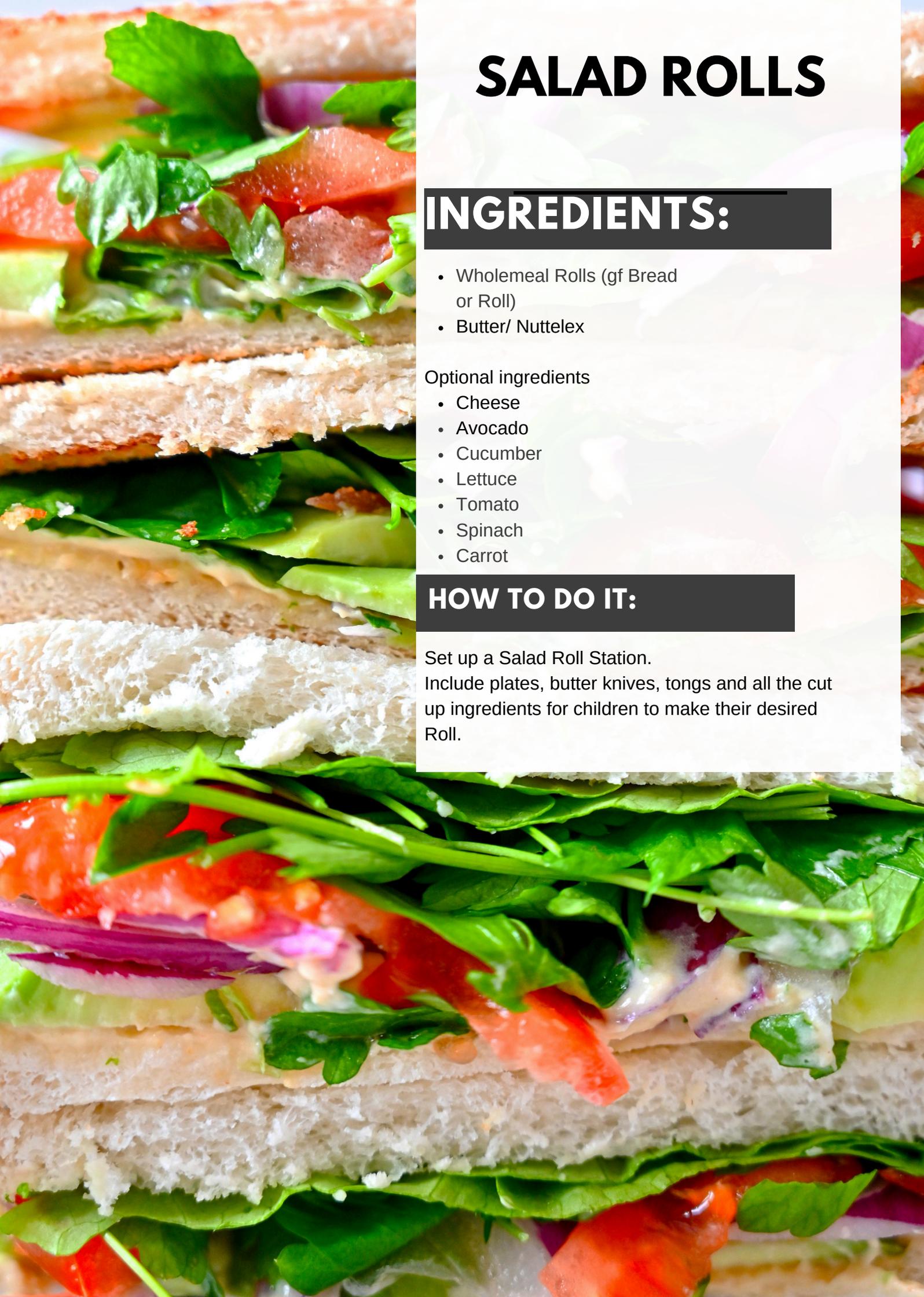
AFTERNOON TEA
SALAD WRAPS

AFTERNOON TEA
GUACAMOLE TOPPED
HASH BROWN





WEEK
FIVE



SALAD ROLLS

INGREDIENTS:

- Wholemeal Rolls (gf Bread or Roll)
- Butter/ Nuttelex

Optional ingredients

- Cheese
- Avocado
- Cucumber
- Lettuce
- Tomato
- Spinach
- Carrot

HOW TO DO IT:

Set up a Salad Roll Station.

Include plates, butter knives, tongs and all the cut up ingredients for children to make their desired Roll.

Smoothie Bowl/ Cup

INGREDIENTS:

- 1 ripe Banana
- 1 cup milk of your choice (almond, oat, dairy, soy, etc.) or coconut water

Optional add ins

- Frozen Pineapple
- Frozen Berries
- Frozen Mango
- Spinach
- Yoghurt
- Avocado

Optional toppings

- Chia Seeds
- Frozen Berries
- Fresh cut up Banana/ fruit
- Coconut

HOW TO DO IT:

1. Add liquid first

Pour 1 cup of milk into your blender.

Adding liquid first helps the blender run smoothly.

2. Add banana

3. Add optional ingredients

* Choose your extras and add them in. For example:

* Frozen mango and berries for a tropical/fruity flavour.

* Spinach for a green boost (you won't taste it much).

* Avocado for a creamy, filling smoothie.

4. Blend on high for 30–60 seconds or until the mixture is creamy and smooth.

* If it's too thick: add a bit more milk.

* If it's too thin: add more frozen fruit or a few ice cubes.

5. Taste your smoothie. Add more banana, milk, or sweetener if needed, and blend again.

6. Pour into a bowl and add optional toppings (place toppings out for children to choose).





Fruit Skewers with Yoghurt Dip

INGREDIENTS:

Fresh fruit (choose a variety of textures and flavors):

- Strawberries (halved)
- Pineapple chunks (canned pineapple is an option too)
- Mandarin wedges
- Kiwi (peeled and sliced into rounds)
- Apple or pear slices (soaked in lemon water to prevent browning)
- Watermelon cubes
- Banana slices
- Frozen Mango chunks

- Yoghurt (dairy free for Dairy allergies, Coconut Yoghurt for Vegan)
- Skewers

HOW TO DO IT:

Prepare the fruit: Wash and peel the fruits as needed, and cut them into bite-sized chunks.

Assemble the skewers: Thread the fruit onto wooden skewers. You can alternate the types of fruit for a colourful and balanced look. For example: strawberry, banana, kiwi, pineapple and Melon.

Serve with yoghurt to dip the Skewers.

Pizza Muffins

INGREDIENTS:

- English Muffins (gf bread, roll or muffin)
- Tomato Paste
- Cheese

Optional topping

- Pineapple
- Capsicum
- Spinach
- Olives

HOW TO DO IT:

1. Preheat the oven
2. Place pizza muffin on a baking sheet or tray and add sauce. Spread evenly, leaving a little space around the edges.
4. Sprinkle a layer of shredded cheese all over the sauce.
5. Add your desired toppings to the muffin
Please note:
6. Place in the oven and bake until cheese is melted and bubbly and the edges of the muffin are golden and crispy.



Banana and Oat Bites

INGREDIENTS;

- 2 ripe bananas
- 1 cup rolled oats (GF oats)
- 1 tbsp honey or maple syrup
- A pinch of cinnamon (optional)
- Choc Chips optional

HOW TO DO IT:

1. Mash bananas and mix with oats, honey, and cinnamon.
2. Roll into small balls.
3. Chill or serve immediately.

Serve with Fresh Fruit and Rice Cakes with Honey



Pancake Platter

INGREDIENTS:

- Banana
- 2 cups of Oats (gf flour for gf option)
- 2 cups of Milk (dairy free milk for DF option)
- 2 Eggs

Optional Platter options

- Frozen Berries
- Banana slices
- Kiwi or mango chunks
- Apple or pear slices (with cinnamon)
- Shredded coconut
- Granola
- Honey
- Maple Syrup

HOW TO DO IT:

1. Mash banana in a medium bowl until smooth. Whisk in egg, then flour until smooth. Putting all ingredients in a blender is also an option.

2. Lightly spray a medium non-stick frying pan with oil and heat over medium heat. Spoon 2 tablespoons batter into pan and spread out with the back of a spoon until 1cm thick. Repeat with remaining batter.

3. Cook for 1–2 minutes or until golden. Turn and cook for 1–2 minutes or until pancakes are golden and cooked through.

Makes 12 Pancakes

Place Pancakes on a platter with all additional topping for the children to create their own pancake platter.



Grazing Plate with Dips, Turkish Bread and Crackers

INGREDIENTS;

- Fresh Fruit slices - Apple, Banana, Mandarin, Dried Fruits
 - Veggie Sticks - Cucumber, Carrot, Celery
 - Cheese slices or cubes
 - Dip
 - Pretzels
 - Turkish Bread cut into strips
 - Crackers (rice crackers are usually gf)
- Feel free to get creative with you platters and mix and match to suit your children's needs

HOW TO DO IT:

1. Cut Turkish Bread into strips
2. Cut up all Ingredients and place on a tray
3. Provide small plates or bowls and tongs for children to create their own grazing plate.
4. Place dips with spoons so the children can spoon out some dip.

