

Lindfield Activity Centre Menu

WATER CONCENTRATION WEEK
(World Space week, , World Animal Day 4/10)

**Fruit, veggies and water are available at all times*

Term 4 Week 1	Monday 14 /10/24	Tuesday 15/10/24	Wednesday 16/10/24	Thursday 17/10/24	Friday 18 /10/24
Breakfast	Porridge Cereal, Toast & Spreads	Banana Bread Cereal, Toast & Spreads	Baked Beans Cereal, Toast & Spreads	Hash Browns Cereal, Toast & Spreads	Orange Juice Cereal, Toast & Spreads
Afternoon Tea	Sandwiches	Vegetable Cous Cous	Jollof Rice	South African Yellow Rice	Chicken with vegetable sauce served with rice (African Food) <i>*New*</i>
Late Snack	Apfelpfannekuchen (German Apple Pancake)	Cinnamon Baguettes Toasts	Sao with spreads	Savory Crepes	Ritz, Cheese Cubes and Dip

■ = Vegetarian Option
 ■ = Preparation
 ■ = Activity with Children
 ■ = Culture Meal

Meal Prep for next day				Defrost chicken	
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RECYCLING WEEK

(National water week, Aussie Back yard count)

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 2	Monday _{21/10/24}	Tuesday _{22/10/24}	Wednesday _{23/10/24}	Thursday _{24/10/24}	Friday _{25/10/24}
Breakfast	Yoghurt Cereal, Toast & Spreads	Cheese Toasties Cereal, Toast & Spreads	English Muffins Cereal, Toast & Spreads	Pineapple Smoothies Cereal, Toast & Spreads	Hash Browns Cereal, Toast & Spreads
Afternoon Tea	Moroccan Beef and Pear Tagine and rice <i>*New*</i>	Moroccan Chicken and Rice	Hot Chips with Mayo	Lemon & Herb Chicken served with Wrap	Spinach and Feta Gozleme
Late Snack	Corn thins with Spreads	Arrowroot Biscuits	Berry Muffins	Sakata's, Dip and Veggie Sticks	Banana Smoothies

■ = Vegetarian Option
 ■ = Preparation
 ■ = Activity with Children
 ■ = Culture Meal

Meal Prep for next day			Prep: Defrost Chicken		Make Dough for Samosa
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POLLUTION WEEK

(Grandparents Day 29/10, Halloween & Diwali)

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 3	Monday ^{28/10/24}	Tuesday ^{29/10/24}	Wednesday ^{30/10/24}	Thursday ^{31/10/24}	Friday ^{01/11/24}
Breakfast	Orange Juice Cereal, Toast & Spreads	Wholemeal Pancakes Cereal, Toast & Spreads	Baked Beans Cereal, Toast & Spreads	Granola & Yoghurt Cereal, Toast & Spreads	Crumpets Cereal, Toast & Spreads +
Afternoon Tea	Curried vegetable samosa	Butter Chicken served with rice	Garlic Cheese Naan	Halloween Pizza <i>*New*</i>	Chicken Tikka Masala served with rice
Late Snack	Cruskits with spreads	Mango Lassi	Lemon Cake	Monster Rice Bubbles	Sao with spreads

■ = Vegetarian Option
 ■ = Preparation
 ■ = Activity with Children
 ■ = Culture Meal

Meal Prep for next day				Prep: Defrost Chicken	
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(Dia De Muertos 2/11, Melbourne Cup Day7/11)

Fruit, veggies and water are available at all times

Lindfield Activity Centre Menu

Term 4 Week 4	Monday ^{04/11/24}	Tuesday ^{05/11/24}	Wednesday ^{06/11/24}	Thursday ^{07/11/24}	Friday ^{08/11/24}
Breakfast	English Muffins Cereal Toast & Spreads	Avo Toast Fruit, Cereal Toast & Spreads	Milo Fruit, Cereal Toast & Spreads	Crumpets Fruit, Cereal Toast & Spreads	Banana Pancake Bites Fruit, Cereal Toast & Spreads
Afternoon Tea	Bean Nachos	Mexican Taco Rice <i>*New*</i>	Mexican Quesadillas	Wedges (served with sour cream and sweet chili sauce)	Empanadas
Late Snack	Rice Cake with spread	Ritz, Dips and Cheese	Pineapple Smoothies	Milo Slice	Granola and Yoghurt

■ = Vegetarian Option
 ■ = Preparation
 ■ = Activity with Children
 ■ = Culture Meal
 ■ = Child Suggestion

Meal Prep for next day		Defrost beef mince		Defrost beef mince	
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NUDE FOODS Week (Remembrance Day & World Origami Day 11/11, World Kindness Day 13/11)

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 5	Monday ^{11/11/24}	Tuesday ^{12/11/24}	Wednesday ^{13/11/24}	Thursday ^{14/11/24}	Friday ^{15/11/24}
Breakfast	Smoothies Fruit, Cereal Toast & Spreads	Hash Browns Fruit, Cereal Toast & Spreads	Cheese Toasts Fruit, Cereal Toast & Spreads	English Muffins Fruit, Cereal Toast & Spreads	Yoghurt Fruit, Cereal Toast & Spreads
Afternoon Tea	Vegemate Scrolls	Macaroni Cheese	Sausage Rolls	Hawaiian Pizza Scrolls	Garlic Cheese Pizza
Late Snack	Smartie Cookies	Anzac Slice	Saladas, cheese and sultanas	Vegetable sticks with dip	Pineapple Turn Overs

■ = Vegetarian Option
 ■ = Preparation
 ■ = Activity with Children
 ■ = Child Suggestions
 ■ = Culture Meal

Meal Prep for next day		Prep: Defrost Beef Mince			
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Lindfield Activity Centre Menu

WASTE FREE Week (Universal Children Day)

Fruit, veggies and water are available at all times

Term 4 Week 6	Monday ^{18/11/24}	Tuesday ^{19/11/24}	Wednesday ^{20/11/24}	Thursday ^{21/11/24}	Friday ^{22/11/24}
Breakfast	Wholemeal Pancake Cereal, Toast & Spreads	Granola & Yoghurt Cereal, Toast & Spreads	Crumpets Cereal, Toast & Spreads	Baked Beans Cereal, Toast & Spreads	Orange Juice Cereal, Toast & Spreads
Afternoon Tea	Apricot Chicken	Sandwiches	Spanish Meatballs served with rice <i>*New*</i>	Chicken Paella	Patatas Bravas <i>*New*</i>
Late Snack	Weetbix Slice	Rice Bubbles Slice	Chocolate Dipped Banana Bites	Corn chip with salsa sauce	Choc Chip Raspberry Banana Bread

■ = Vegetarian Option
 ■ = Preparation
 ■ = Activity with Children
 ■ = Culture Meal

Meal Prep for next day		Prep: Defrost Beef Mince	Prep: Defrost Chicken		
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ANIMAL WELFARE Week

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 7	Monday _{25/11/24}	Tuesday _{26/11/24}	Wednesday _{27/11/24}	Thursday _{28/11/24}	Friday _{29/11/24}
Breakfast	Crumpets Cereal, Toast & Spreads	Milo Cereal, Toast & Spreads	Avo Toast Cereal, Toast & Spreads	Banana Pancake Bites Cereal, Toast & Spreads	Smoothies Cereal, Toast & Spreads
Afternoon Tea	Chicken Souvlaki served with Pita Bread	Spanakopita (Spinach and Feta Turnover)	Egyptian Falafel served with Pita Bread	Moussaka Beef and Rice	Kofta served with Pita Bread <i>*New*</i>
Late Snack	Banana Bread	Red, White, and Blue Parfait <i>*New*</i>	Pop Corn & Dried Fruits	Pretzel, vegetable sticks and cheese	Jelly and Fruits

■ = Vegetarian Option
 ■ = Preparation
 ■ = Activity with Children
 ■ = Child Suggestion

Meal Prep for next day			Prep: Defrost Beef Mince	Prep: Defrost Lamb Mince	
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Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 8	Monday _{02/12/24}	Tuesday _{03/12/24}	Wednesday _{04/12/24}	Thursday _{05/12/24}	Friday _{06/12/24}
Breakfast	Yoghurt Cereal, Toast & Spreads	Hash Browns Cereal, Toast & Spreads	Smoothies Cereal, Toast & Spreads	Cheese Toasties Cereal, Toast & Spreads	English Muffins Cereal, Toast & Spreads
Afternoon Tea	Cheese Toasties	Honey Chicken served with Rice	Fried Rice	Noodle Stir Fry Vegetables	Lemon Potato Salad <i>*New*</i>
Late Snack	Yoghurt Bark	Honey Joys	Lemon Blueberry Ricotta Cake <i>*New*</i>	Coconut and Banana Cake <i>*New*</i>	Rocky Road

■ = Vegetarian Option
 ■ = Preparation
 ■ = Activity with Children
 ■ = Child Suggestion

Meal Prep for next day	Freeze Yoghurt in the morning				
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DO IT YOURSELF Week

(Hanukka 8/12, Human Rights 10/12, International Mountain Day 11/12)

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 9	Monday ^{9/12/24}	Tuesday ^{10/12/24}	Wednesday ^{11/12/24}	Thursday ^{12/12/24}	Friday ^{13/12/24}
Breakfast	Baked Beans Cereal, Toast & Spreads	Crumpets Cereal, Toast & Spreads	Orange Juice Cereal, Toast & Spreads	Wholemeal Pancake Cereal, Toast & Spreads	Granola Yoghurt Cereal, Toast & Spreads
Afternoon Tea	Sausage Sizzle	Spaghetti Bolognese	Roasted Potato Salad <i>*New*</i>	Pesto Pasta	Cheesy Herb Bread
Late Snack	Ritz, Cheese Cubes and Dip	Fairy Bread	Blueberry and Oat Cookies	Apple Crumble Slice	Sakata's, Dip and Veggie Sticks

■ = Vegetarian Option
 ■ = Preparation
 ■ = Activity with Children
 ■ = Child Suggestion
 ■ = Culture Meal

Meal Prep for next day					
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OUR FUTURE Week

Lindfield Activity Centre Menu

Fruit, veggies and water are available at all times

Term 4 Week 10	Monday ^{16/12/24}	Tuesday ^{17/12/24}	Wednesday ^{18/12/24}	Thursday ^{19/12/24}	Friday ^{20/12/24}
Breakfast	Banana Pancake Bites Cereal, Toast & Spreads	Smoothies Cereal, Toast & Spreads	Yoghurt Cereal, Toast & Spreads		
Afternoon Tea	Rice Paper Rolls	Chicken Vermicelli Noodle Salad <i>*New*</i>	Bahn Mi		
Late Snack	Ginger Bread man	Chocolate Crackles	Weetbix Slice		

■ = Vegetarian Option
 ■ = Preparation
 ■ = Activity with Children
 ■ = Child Suggestion
 ■ = Culture

Meal Prep for next day					
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