



Care for Kids
OSHC

Spring Vacation Care Menu at Upper Swan OSHC

We are an allergy aware service.

WEEK ONE

Monday 28 September
KING'S BIRTHDAY PUBLIC
HOLIDAY



Tuesday 29 September

Morning Tea:

Ham cheese and onion
omelette

Afternoon Tea:

Nachos with avocado

Late Snack:

Rice crackers with fruit and
vegetable platter

Wednesday 30 September

Morning Tea:

Popcorn

Afternoon Tea:

Coconut bread

Late Snack:

Rice crackers with fruit and
vegetable platter

Thursday 1 October

Morning Tea:

Blueberry muffins

Afternoon Tea:

Pancakes

Late Snack:

Rice crackers with fruit and
vegetable platter

Friday 2 October

Morning Tea:

Home made muesli bars

Afternoon Tea:

Cheese and tomato toasties

Late Snack:

Rice crackers with fruit and
vegetable platter

WEEK TWO

Monday 5 October

Morning Tea:

Vegemite scrolls

Afternoon Tea:

Apple crumble

Late Snack:

Rice crackers with fruit and
vegetable platter

Tuesday 6 October

Morning Tea:

Avocado, lettuce, cucumber
wrap

Afternoon Tea:

Homemade sausage rolls

Late Snack:

Rice crackers with fruit and
vegetable platter

Wednesday 7 October

Morning Tea:

Fruit kebabs

Afternoon Tea:

Honey joys

Late Snack:

Rice crackers with fruit and
vegetable platter

Thursday 8 October

Morning Tea:

Banana bread

Afternoon Tea:

Pizza

Late Snack:

Rice crackers with fruit and
vegetable platter

Friday 9 October

Morning Tea:

Garlic cheese scrolls

Afternoon Tea:

Tomato, cucumber, mince and
onion burritos

Late Snack:

Rice crackers with fruit and
vegetable platter

Follow for our website



We are open: 6.30am to 6.00pm



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Breakfast provided: Weet-bix, Corn Flakes, Rice Bubbles

Gluten Free and Dairy Free Options available