



Winter Vacation Care Menu at Upper Swan OSHC

We are an allergy aware service.

WEEK ONE

Monday 6 July

Morning Tea:

Banana Oat Muffins with
Sugar-Free Maple Syrup

Afternoon Tea:

Cheesy Vegemite Scrolls

Late Snack:

Rice crackers with fruit and
vegetable platter

Tuesday 7 July

Morning Tea:

Vanilla Oat Muffins

Afternoon Tea:

Healthy Apple Pie

Late Snack:

Rice crackers with fruit and
vegetable platter

Wednesday 8 July

Morning Tea:

Mini Vegetarian Quiches

Afternoon Tea:

Chessy Turkish Garlic Bread

Late Snack:

Rice crackers with fruit and
vegetable platter

Thursday 9 July

Morning Tea:

Cinnamon Scrolls

Afternoon Tea:

Vegetarian Pasta Bake

Late Snack:

Rice crackers with fruit and
vegetable platter

Friday 10 July

Morning Tea:

Ham, cheese and tomato
toasties

Afternoon Tea:

Toasted Pita with homemade
French Onion and Hummus

Late Snack:

Rice crackers with fruit and
vegetable platter

WEEK TWO

Monday 13 July

Morning Tea:

Weetbix Slice

Afternoon Tea:

Nachos with Homemade Salsa

Late Snack:

Rice crackers with fruit and
vegetable platter

Tuesday 14 July

Morning Tea:

Ham, Cheese and Veggie
Whole meal Wraps

Afternoon Tea:

Homemade Sausage Rolls

Late Snack:

Rice crackers with fruit and
vegetable platter

Wednesday 15 July

Morning Tea:

ANZAC Biscuits

Afternoon Tea:

Cheese, Tomato and
Capsicum Pizza

Late Snack:

Rice crackers with fruit and
vegetable platter

Thursday 16 July

Morning Tea:

Scrambled Eggs on Toast

Afternoon Tea:

Potato Wedges with sour
cream

Late Snack:

Rice crackers with fruit and
vegetable platter

Friday 17 July

Morning Tea:

Raspberry Oat Muffins

Afternoon Tea:

Spinach and Feta Pinwheels

Late Snack:

Rice crackers with fruit and
vegetable platter

Follow for our website



We are open: 6.30am to 6.00pm



0418 736 801



upperwanpsoshc@careforkidswa.net.au



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

Gluten Free and Dairy Free Options available



Care for Kids
OSHC

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WEEK THREE

Monday 6 July

Morning Tea:
Pancakes with Berries

Afternoon Tea:
Cheesy Garlic Twists

Late Snack:
Rice crackers with fruit and
vegetable platter

Tuesday 7 July

School Term Program
Available



Wednesday 8 July

School Term Program
Available



Thursday 9 July

School Term Program
Available



Friday 10 July

School Term Program
Available



WEEK FOUR

Monday 13 July

School Term Program
Available



Tuesday 14 July

School Term Program
Available



Wednesday 15 July

School Term Program
Available



Thursday 16 July

School Term Program
Available



Friday 17 July

School Term Program
Available



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

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