



Parent Information Fact Sheet 5

MENU, SNACKS AND SPECIAL DIETARY NEEDS

MENU

OSHC will provide snacks to children in care. Our menu is on display near children's sign in/out and choices reflect healthy and nutritious options.

AFTERNOON TEA – SNACKS MAY INCLUDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>SANDWICHES</u></p> <p><u>FRESH FRUIT</u></p> <p><u>AND</u> <u>VEGETABLES</u></p> <p><u>RICE CAKES</u></p> <p><u>TINNED FRUIT.</u></p>	<p><u>SANDWICHES</u></p> <p><u>MUFFINS</u></p> <p><u>FRESH FRUIT</u></p> <p><u>PRE-PACKED</u></p> <p><u>BISCUITS/SLICES</u> <u>CAKES/BUN.</u></p>	<p><u>SANDWICHES</u></p> <p><u>PRE-PACKAGED</u></p> <p><u>SCONES/PANCAKES</u> <u>PIKELETS</u></p> <p><u>DRIED FRUIT</u></p> <p><u>FRESH FRUIT.</u></p>	<p><u>SANDWICHES</u></p> <p><u>FRESH FRUIT</u></p> <p><u>CORN THINS</u></p> <p><u>VARIETY OF</u> <u>DIPS</u> <u>AND</u> <u>CONDIMENTS.</u></p>	<p><u>SANDWICHES</u></p> <p><u>FRUIT BARS</u></p> <p><u>POTATO CHIPS</u></p> <p><u>FRESH FRUIT</u></p> <p><u>RAISIN TOAST.</u></p>

SPECIAL DIETARY REQUIREMENTS

Outside School Hours Care is supportive of special dietary requirements of children in care and parents/carers are free to discuss their child's needs, including any food allergies, intolerances, cultural or religious practices which need to be implemented with the Coordinator as soon as possible. In support of this:

- Staff will be informed of these requests and documentation will be on file in support of these special requests.
- The Coordinator will ensure that the list is updated using information from parents/carers. Care plans for children with allergies will be displayed in the food prep area to assist staff with preparing snacks.
- Where children are on special diets, we encourage parents to meet with the Coordinator to discuss what foods if any will need to be supplied from home.
- We request that other parents/carers do not send food that may endanger those with special dietary needs (e.g. peanut butter or food containing peanuts) **Please note that due to health and safety regulations/ standards staff at the OSHC will NOT reheat or cook food brought from home.**