

Margaret River Recreation Centre

Before School Care

BREAKFAST

Sample Menu

The Margaret River Recreation Centre Outside School Hours Care Service supports children's health and development by providing nutritious food and drinks at breakfast and/or afternoon tea times.

Our menus are based on the Food and Drink Guidelines for Outside School Hours Care.

Each day breakfast is comprised of grain (cereal) foods with at least one wholemeal or wholegrain choice, along with milk, yoghurt, cheese and/or alternatives.



MONDAY

Porridge, milk and honey

TUESDAY

Wholemeal toast with assorted spreads

WEDNESDAY

Cereal, milk, yoghurt and fruit

THURSDAY

Banana pancakes with yoghurt and fruit

FRIDAY

Toasted ham and cheese sandwiches

DRINKS

Milk and/or water offered

We adhere to the food ALLERGY AWARENESS guidelines and are NUT FREE.