

Afternoon Tea Menu

We believe that by providing afternoon tea for children they are not only getting a nutritious snack, but have the opportunity to socialise and communicate with other children and adults. Just like at the dinner table where parents/ guardians discuss what happened in the day, our OSHC educators use this time to learn more about each child as an individual. Children love telling us all about the wonderful events in their school day.

Creating our menu

When creating the OSHC menu we gain the input from children, families and educators through open discussion and suggestions sheets. Our menu is created each term and displayed at the service. We are currently using the *Dietary guidelines for children and adolescents* as a referral when creating the OSHC menu.

Foods included at afternoon tea will be nutritious and based on foods from the five food groups. These may include milk-based custard, yoghurt, cheese, eggs, legumes (e.g. baked beans), healthy dips (e.g. hummus), fruit, vegetables, breads, reduced salt crackers and crisp bread, and baked items such as pikelets, scones and muffins which use some wholemeal flour and are not high in sugar and fat.

- Physical activity will be imbedded into the program and children will be encouraged to do physical activity through fun experiences.
- Children will be encouraged to drink water and the service will supply clean water facilities.
- Children will be encouraged to eat only a moderate amount of sugars and foods containing added sugars.
- When creating the OSHC menu, consideration will be taken into the amount of sugar and salt in food. When possible alternatives will be sought out e.g. butter > low salt butter

After School Care Term 3 Menu Plan Afternoon Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Water crackers with cheese and vegetable sticks	Pancakes with yoghurt and seasonal fruit slices	Fruit salad with yoghurt and rice crackers	Air popcorn with seasonal fruit slices	Turkish bread with dip and vegetable sticks

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	Pancakes with yoghurt and seasonal fruit slices	Plain crackers and dip with carrot and apple slices	Turkish bread with dip and vegetable sticks	Saos cream cheese with seasonal fruit slices	Air popcorn with seasonal fruit slices

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Rice cakes cream cheese with seasonal fruit	Saos cream cheese with seasonal fruit slices	Turkish bread with dip and vegetable sticks	Fruit salad with yoghurt	Pancakes with yoghurt and seasonal fruit slices

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	Saos cream cheese with seasonal fruit slices	Plain crackers and dip with carrot and apple slices	Vegetable sticks with cubed cheese and water crackers	Pancakes with yoghurt and seasonal fruit slices	Rice cakes cream cheese with seasonal fruit

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	Turkish bread with dip and vegetable sticks	Fruit salad with yoghurt	Pancakes with yoghurt and seasonal fruit slices	Air popcorn with seasonal fruit slices	Rice cakes cream cheese with seasonal fruit

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 6	Fruit salad with yoghurt	Air popcorn with seasonal fruit slices	Turkish bread with dip and vegetable sticks	Plain crackers and dip with carrot and apple slices	Pancakes with yoghurt and seasonal fruit slices

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 7	Air popcorn with seasonal fruit slices	Pancakes with yoghurt and seasonal fruit slices	Saos cream cheese with seasonal fruit slices	Turkish bread with dip and vegetable sticks	Rice cakes cream cheese with seasonal fruit

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 8	Pancakes with yoghurt and seasonal fruit slices	Fruit salad with yoghurt	Turkish bread with dip and vegetable sticks	Cheese and vegemite scrolls with seasonal fruit	Water crackers with cheese and vegetable sticks.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	Fruit salad with yoghurt	Air popcorn with seasonal fruit slices	Rice cakes cream cheese with seasonal fruit	Plain crackers and dip with carrot and apple slices	Pancakes with yoghurt and seasonal fruit slices

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 10	Air popcorn with seasonal fruit slices	Pancakes with yoghurt and seasonal fruit slices	Saos cream cheese with seasonal fruit slices	Turkish bread with dip and vegetable sticks	Water crackers with cheese and vegetable sticks.