

Sample menu for outside school hours care

Early childhood services

Use this sample menu as a guide for developing a healthy menu for children which tastes great and meets their nutrition needs.

Outside school hours care (OSHC) services can support children's health and development by providing nutritious food and drinks at breakfast and/or afternoon tea times.

The following sample menus for OSHC are based on the *Food and drink guidelines for outside school hours care*¹.

The **first menu** is for services with limited cooking facilities.

The **second menu** includes meal and snack ideas that require additional preparation time or cooking facilities.

Each day breakfast is based on:

- grain (cereal) foods with at least one wholemeal or wholegrain choice
- milk, yoghurt, cheese and/or alternatives (mostly reduced fat).

Each day afternoon tea includes:

- vegetables
- fruit
- milk, yoghurt, cheese and/or alternatives (mostly reduced fat).

The menu does not include any of the following:

- Sweet drinks, such as soft drinks, fruit juice and fruit drinks, cordial, sports drinks, sports waters, flavoured waters, energy drinks and flavoured mineral water and iced teas.
- Confectionery, chocolate, jelly.
- Deep fried foods, such as hot chips.
- Pastry-based foods, such as pies, sausage rolls and pasties.
- Some processed meats, such as sausages, frankfurts, hot dogs, salami, Strasburg, Devon, some commercial chicken nuggets and fish fingers.
- Most fast food and takeaway foods.
- High fat and salt savoury snack foods, such as crisps, chips, biscuits.
- Ice-creams and ice confections.

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- High sugar and high fat baked and packaged goods, such as cakes, some muffins, sweet pastries, slices, biscuits and bars.

For more information on healthy food and drinks for OSHC. visit www.heas.health.vic.gov.au.

1. Food and drink guidelines for outside school hours care, Healthy Eating Advisory Service, Department of Health and Human Services, State Government of Victoria, 2013, www.heas.health.vic.gov.au

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Sample menu 1: Basic (limited cooking facilities)

(Insert name of service)						
WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST	Food	<p>Children may select from the following options:</p> <p>Choice of cereals: Weetbix, porridge, muesli (untoasted/natural), high fibre cereal flakes. Serve with reduced fat milk.</p> <p>AND</p> <p>Selection of: Wholemeal/wholegrain toast and/or wholemeal/wholegrain English muffins and/or wholemeal crumpets and/or raisin/fruit bread with small amounts of assorted spreads (e.g. margarine, ricotta cheese, natural peanut butter, and fruit).</p> <p>AND</p> <p>Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes) or canned fruit in natural juice. Served with reduced fat yoghurt.</p>				
	Drink	Reduced fat plain milk and water.				
AFTERNOON TEA	Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes)					
	Food	Wholegrain crackers, reduced fat cheese, hummus dip,	Reduced fat yoghurt and muesli (untoasted/natural)	Raisin bread and margarine	Reduced fat cheese, ham or tuna and tomato sandwiches	Reduced fat custard or yoghurt

		carrot, cucumber, celery sticks			made with wholegrain bread	Canned fruit in natural juice
	Drink	Water	Water	Reduced fat plain milk Water	Water	Water

Note: water is also freely available throughout the morning and afternoon sessions.

Sample menu 2 (with cooking facilities)

(Insert name of service)						
WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<p>Children may select from the following options:</p> <p>Choice of cereals: Weetbix, porridge, muesli (untoasted/natural), high fibre cereal flakes, congee. Serve with reduced fat milk.</p> <p>AND</p> <p>Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes)</p> <p>AND</p>				
		Banana pikelets/pancakes with reduced fat yoghurt	Wholegrain toasted cheese and tomato sandwiches	Cooked tomato and mushrooms with wholegrain toast	Scrambled eggs on wholegrain toast	Jaffles (wholegrain bread) with baked beans
	Drink	Reduced fat plain milk and water.				
AFTERNOON TEA		Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes)				
	Food	Wholegrain crackers, reduced fat cheese, hummus dip, carrot,	Fried rice (brown rice, carrot,	Mixed sandwiches on wholegrain bread (egg and	Mini pizza faces (wholemeal English muffins,	Carrot muffins with a dollop of

		cucumber, celery sticks	capsicum, spring onion, peas, corn, egg)	lettuce, tuna and tomato, chicken and salad)	tomato paste, tomato slices, capsicum strips, mushrooms, pineapple and cheese)	reduced fat yoghurt
	Drink	Water	Reduced fat plain milk Water	Fruit smoothie (use any leftover fruit e.g. bananas) made with reduced fat milk	Water	Water

Note: water is also freely available throughout the morning and afternoon sessions.