



EPOSHC MENU



GF, DF and V options always available

Monday

15/12/25

Tuesday

16/12/25

Wednesday

17/12/25

Thursday

18/12/25

Friday

19/10/25

Breakfast Available from 6:30AM – 8:00AM

Wholemeal & Raisin Bread, Nuttalex, Vegemite, Honey, Cornflakes, Cheerio's, WeetBix, Rice Bubbles, Seasonal Fruit, Zymil, Low-Fat Milk & Low-Fat Vanilla Yoghurt

Morning Tea between 9:00AM – 9:30AM

Selection of Fresh Fruit & Vegetable, Wholemeal Wrap, Ham, Light Cheese, Rice Cakes, Nuttalex, Hummus & Vegemite

Selection of Fresh Fruit & Vegetable, Wholemeal Wrap, Ham, Light Cheese, Rice Cakes, Nuttalex, Hummus & Vegemite

Savoury muffins

Selection of Fresh Fruit & Vegetable, Wholemeal Wrap, Ham, Light Cheese, Rice Cakes, Nuttalex, Hummus & Vegemite

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Christmas Truffles

Selection of Fresh Fruit & Vegetable, Wholemeal Wrap, Ham, Light Cheese, Rice Cakes, Nuttalex, Hummus & Vegemite

Lunch Served from 12:00PM – 12:30PM

MYO Wraps

Wraps, Turkey, Ham, Silverside, Light Mayo, Light Tasty Cheese, Salad options

Pesto & Pasta Salad

Spiral Pasta, Basil Leaves, Mined Garlic, Parmesan Cheese, Olive Oil, Mayonnaise, Cherry Tomato, Shredded Cheese, Lettuce,

Beef Nachos

Tortillas, Beef Mince, Seasoning, Black Bean, , Guacamole Onion, Tomato, Capsicum, Light Cheese

Sandwiches

Wholemeal bread, sliced turkey, slice silverside, sliced ham, tomato, light tasty cheese, Nuttalex

Chicken Burger

lean Chicken Mince, Wholemeal breadcrumbs, Carrots, Zucchini, Eggs, Garlic & Onion Powder

Afternoon Tea between 3:00PM – 3:30PM

Selection of Fresh Fruit & Vegetable, Wholemeal Wrap, Ham, Light Cheese, Rice Cakes, Nuttalex, Hummus & Vegemite

Menus are developed based on Dietary Guidelines for children and adolescents in Australia, PANOSH, and Smart Choices Food Strategy

Green = Have Plenty

Amber= Select Carefully

Red = Occasional



EPOSHC MENU



Monday
05/01/26

Tuesday
06/01/26

Wednesday
07/01/26

Thursday
08/01/26

Friday
09/01/26

Breakfast Available from 6:30AM – 8:00AM

Wholemeal & Raisin Bread, Nuttalex, Vegemite, Honey, Cornflakes, Cheerio's, WeetBix, Rice Bubbles, Seasonal Fruit, Zymil, Low-Fat Milk & Low-Fat Vanilla Yoghurt

Morning Tea between 9:00AM – 9:30AM

Selection of Fresh Fruit & Vegetable, Wholemeal Wrap, Ham, Light Cheese, Rice Cakes, Nuttalex, Hummus & Vegemite

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Lunch Served from 12:00PM – 12:30PM

Dinosaur Bolognese

Dinosaur Pasta, Beef Minced with Carrot & Onion, Light Tasty Cheese, Zucchini

Honey Soy Chicken & Rice

Chicken thigh fillets, Onion, Garlic, Ginger, Broccoli, Capsicum, Mushrooms, Corn flour, Chicken stock, Soy sauce, Sesame oil, Honey

Lemon Risoni Salad

Risoni or orzo pasta, Cherry tomatoes, Persian cucumbers, Feta cheese, Onion, Capsicum, Lemon Juice, Oregano, Mustard, Garlic

Healthy Pizza

English Muffins, Ham or Turkey Slices, Mixed Veggies, Low-Fat Cheese, tomato passata,

MYO Wraps

Wraps, Turkey, Ham, Silverside, Light Mayo, Light Tasty Cheese, Salad options

Afternoon Tea between 3:00PM – 3:30PM

Selection of Fresh Fruit & Vegetable, Wholemeal Wrap, Ham, Light Cheese, Rice Cakes, Nuttalex, Hummus & Vegemite

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13/01/26

Wednesday

14/01/26

Thursday

15/01/26

Friday

16/01/26

Breakfast Available from 6:30AM – 8:00AM

Wholemeal & Raisin Bread, Nuttalex, Vegemite, Honey, Cornflakes, Cheerio's, WeetBix, Rice Bubbles, Seasonal Fruit, Zymil, Low-Fat Milk & Low-Fat Vanilla Yoghurt

Morning Tea between 9:00AM – 9:30AM

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Lunch Served from 12:00PM – 12:30PM

Mini Beef Pie

Beef Mince, Carrots, Celery, Garlic, Wholemeal flour, Tomato, Beef Stock, Worcestershire Sauce, Tomato paste, Peas

Chicken Risotto

Arborio rice, chicken stock, onion, garlic, cherry tomatoes, corn, chicken breast and parmesan cheese

Sushi Bowl

Sushi Rice, Rice vinegar, Sugar, Salt, Seaweed Sheets, Rice paper rolls, Cucumber, Carrots, Avocado, Shredded Chicken

Spinach & Feta Scrolls

Puff pastry, Spinach, Fetta, Light tasty cheese

Fish Finger

fish fillets, Wholemeal flour, Eggs, Garlic powder, Lemon juice, Olive oil, Parsely

Afternoon Tea between 3:00PM – 3:30PM

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19/01/26

Tuesday

20/01/26

Wednesday

21/01/26

Thursday

22/01/26

Friday

23/01/26

Breakfast Available from 6:30AM – 8:00AM

Wholemeal & Raisin Bread, Nuttalex, Vegemite, Honey, Cornflakes, Cheerio's, WeetBix, Rice Bubbles, Seasonal Fruit, Zymil, Low-Fat Milk & Low-Fat Vanilla Yoghurt

Morning Tea between 9:00AM – 9:30AM

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Muesli Bar

Selection of Fresh Fruit & Vegetable, Wholemeal Wrap, Ham, Light Cheese, Rice Cakes, Nuttalex, Hummus & Vegemite

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Lunch Served from 12:00PM – 12:30PM

Pita Pockets

Pita breads, Falafel, Lettuce, Avocado, Ham, Turkey, Silverside, Tomato, Carrots, Cucumbers, Grated Cheese, Low Fat Mayonnaise

Mac & Cheese

Macaroni Pasta, Vegetable Stock, Low Fat Cheese, Cream, Mixed Vegetable, Mushrooms

Beef Sliders

Lean beef mince, Onion and Garlic Powder, Whole meal Rolls, Lettuce, Cherry tomatoes, Cucumber

Chicken Damper Pie

Chicken Mince, Onion, Vegetables, Grated Cheese, Cream Cheese, Oregano, Parsely, Self raising Flour

MYO Pizza

English Muffins, Ham or Turkey Slices, Mixed Veggies, Low-Fat Cheese, tomato passata,

Afternoon Tea between 3:00PM – 3:30PM

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