

# Parent Information Fact Sheet 5

## ST. ANDREW'S OUTSIDE SCHOOL HOURS CARE MENU, SNACKS AND SPECIAL DIETARY NEEDS

### MENU

OSHC will provide snacks to children in care. Our menu is on the weekly menu/activity board, and you will find healthy eating information in our parent information area. We welcome suggestions from families & children for other healthy ideas.

**BREAKFAST IS NOT PROVIDED, BUT IS SUBJECT TO REVIEW. CHILDREN MAY BRING THEIR OWN HEALTHY BREAKFAST TO EAT UNDER SUPERVISION.**

### MORNING / AFTERNOON TEA – SNACKS MAY INCLUDE

<u>FRUIT PLATTERS –</u> <u>DAILY</u>	<u>FRUIT PLATTERS –</u> <u>DAILY</u>	<u>FRUIT PLATTERS –</u> <u>DAILY</u>	<u>FRUIT PLATTERS –</u> <u>DAILY</u>	<u>FRUIT PLATTERS –</u> <u>DAILY</u>
CHEESE/CRACKERS	PIKELETS	JAFFLES	GARLIC BREAD	SAO BISCUITS
RICE CAKES	CUSTARD/FRUITSALAD	SOUP	CORN COBS	CRUSKITS
SANDWICHES	YOGHURT	JELLY CUPS	SALAD WRAPS	POPCORN
SCONES	MINI PIZZAS		NACHOS (TREATS)	

### VACATION CARE

Morning and Afternoon tea may be provided. Lunch is to be provided by parents unless otherwise specified on the vacation care program.

### SPECIAL DIETARY REQUIREMENTS

**The Outside School Hours Care service 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 areas 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 staff at the OSHC will NOT reheat or cook food brought from home.**