

AFTERNOON TEA MENU		WEEK 1 DATES		12 October	16 October
Monday	Tuesday	Wednesday	Thursday	Friday	
Seasonal Fruit and Vegetable Platter Every Day		E.G. Apples, Pears Oranges, Carrots, Cucumbers, Bananas, Grapes, Tomatoes, Celery, Strawberries, Watermelon, Mandarins			
1 Apples	1 Apples	1 Apples	1 Apples	1 Apples	1 Apples
2 Oranges	2 Oranges	2 Oranges	2 Oranges	2 Oranges	2 Oranges
3 Strawberries	3 Pear	3 Banana	3 Mandarin	3 Pear	3 Pear
4 Pear	4 Cucumber	4 Carrot	4 Cucumber	4 Carrot	4 Carrot
Sandwiches on Wholemeal Bread		Sandwiches on Wholemeal Bread		Sandwiches on Wholemeal Bread	
1 Honey	1 Jam	1 Jam	1 Honey	1 Jam	1 Jam
2 Vegemite	2 Vegemite	2 Vegemite	2 Vegemite	2 Vegemite	2 Vegemite
3 Cheese	3 Tuna Mayo	3 Cheese	3 Tuna Mayo	3 Cheese	3 Cheese
Special	Special	Special	Special	Special	Special
Doritos					
SNACK	Serve fruit & sandwiches from fridge, followed by crackers if needed				
REFLECTIONS		WHAT WORKED? Popular with children? Easy to prepare? Cost-effective?			

AFTERNOON TEA MENU		WEEK 2 DATES		19 October	23 October
Monday	Tuesday	Wednesday	Thursday	Friday	
Seasonal Fruit and Vegetable Platter Every Day		E.G. Apples, Pears Oranges, Carrots, Cucumbers, Bananas, Grapes, Tomatoes, Celery, Strawberries, Watermelon, Manderins			
1 Apples	1 Apples	1 Apples	1 Apples	1 Apples	
2 Oranges	2 Oranges	2 Oranges	2 Oranges	2 Oranges	
3 Pear	3 Cucumber	3 Grapes	3 Tomatoes	3 Celery	
4 Mandarin	4 Banana	4 Carrot	4 Watermelon	4 Strawberries	
Sandwiches on Wholemeal Bread		Sandwiches on Wholemeal Bread		Sandwiches on Wholemeal Bread	
1 Honey	1 Jam	1 Baked Bean	1 Honey	1 Jam	
2 Cheese	2 Vegemite	2 Cheese	2 Vegemite	2 Cheese	
3 Vegemite	3 Tuna Mayo	3 Vegemite (Sandwich Option)	3 Tuna Mayo	3 Vegemite	
Special	Special	Special	Special	Special	
		Toasted Sandwiches			
SNACK		Serve fruit & sandwiches from fridge, followed by crackers if needed			
REFLECTIONS		WHAT WORKED? Popular with children? Easy to prepare? Cost-effective?			

AFTERNOON TEA MENU		WEEK 3 DATES		26 October	30 October
Monday	Tuesday	Wednesday	Thursday	Friday	
Seasonal Fruit and Vegetable Platter Every Day		E.G. Apples, Pears Oranges, Carrots, Cucumbers, Bananas, Grapes, Tomatoes, Celery, Strawberries, Watermelon, Mandarins			
1 Apples	1 Apples	1 Apples	1 Apples	1 Apples	1 Apples
2 Oranges	2 Oranges	2 Oranges	2 Oranges	2 Oranges	2 Oranges
3 Cucumber	3 Carrot	3 Strawberries	3 Pear	3 Mandarin	3 Mandarin
4 Mandarin	4 Pear	4 Banana	4 Carrot	4 Banana	4 Banana
Sandwiches on Wholemeal Bread		Sandwiches on Wholemeal Bread		Sandwiches on Wholemeal Bread	
1 Jam	1 Honey	1 Jam	1 Honey	1 Honey	1 Honey
2 Cheese	2 Vegemite	2 Vegemite	2 Vegemite	2 Cheese	2 Cheese
3 Vegemite	3 Tuna Mayo	3 Cheese	3 Tuna Mayo	3 Vegemite	3 Vegemite
Special	Special	Special	Special	Special	Special
	Crackers				
SNACK		Serve fruit & sandwiches from fridge, followed by crackers if needed			
REFLECTIONS		WHAT WORKED? Popular with children? Easy to prepare? Cost-effective?			

AFTERNOON TEA MENU		WEEK 4 DATES		2 November	6 November
Monday	Tuesday	Wednesday	Thursday	Friday	
Seasonal Fruit and Vegetable Platter Every Day		E.G. Apples, Pears Oranges, Carrots, Cucumbers, Bananas, Grapes, Tomatoes, Celery, Strawberries, Watermelon, Mandarins			
1 Apples	1 Apples	1 Apples	1 Apples	1 Apples	1 Apples
2 Oranges	2 Oranges	2 Oranges	2 Oranges	2 Oranges	2 Oranges
3 Mandarin	3 Banana	3 Carrot	3 Tomatoes	3 Strawberries	3 Strawberries
4 Strawberries	4 Cucumber	4 Pear	4 Cucumber	4 Pear	4 Pear
Sandwiches on Wholemeal Bread		Sandwiches on Wholemeal Bread		Sandwiches on Wholemeal Bread	
1 Honey	1 Honey	1 Cheese	1 Jam	1 Jam	1 Jam
2 Cheese	2 Tuna Mayo	2 Vegemite	2 Vegemite	2 Vegemite	2 Vegemite
3 Vegemite	3 Vegemite	3 Jam	3 Tuna Mayo	3 Cheese	3 Cheese
Special	Special	Special	Special	Special	Special
					Quelch Tubes
SNACK		Serve fruit & sandwiches from fridge, followed by crackers if needed			
REFLECTIONS		WHAT WORKED? Popular with children? Easy to prepare? Cost-effective?			