

AFTERNOON TEA MENU

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 – red and green
2. Oranges
3. Strawberries
4. Pear
5. Cucumber
6. Banana

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Sandwiches on wholemeal bread

GLUTEN FREE OPTIONS AVAILABLE – sandwiches, rice thins, pop-corn – made to order

1. Honey
2. Jam
3. Tuna & mayo
4. Cheese
5. Vegemite

Toasted cheese
Toasted baked beans

Platter of assorted fresh sandwiches

Cheese and crackers
Hummus - Vegetable sticks, corn chips

Platter of assorted fresh sandwiches

1. Honey
2. Jam
3. Tuna & mayo
4. Cheese
5. Vegemite

1. Buttered (nutilex) raisin bread
2. Platter of assorted fresh sandwiches

SPECIAL

Chocolate milk

SNACK

Serve fruit & sandwiches from fridge, followed by crackers if needed

REFLECTIONS

WHAT WORKED?
Popular with children? Easy to prepare? Cost-effective?