



# Afternoon Menu

Monday 9/9/19	Tuesday 10/9/19	Wednesday 11/9/19	Thursday 12/9/19	Friday 13/9/19
<ul style="list-style-type: none"> <li>Honey &amp; vegemite sandwiches</li> <li>Cruskits with Beet Root- Hommus dip</li> </ul> <p>(Suggested by M.R)</p>	<ul style="list-style-type: none"> <li>Honey Sandwiches</li> <li>chicken Sandwiches</li> <li>Shapes &amp; Hommus</li> </ul>	<ul style="list-style-type: none"> <li>Make your own sandwich with Ham, tomatoes, Lettuce &amp; Cheese (Shredded)</li> <li>Seaweed Crackers</li> </ul> <p>(Suggested by I.F)</p>	<ul style="list-style-type: none"> <li>Wraps with Tuna, Tomatoes &amp; cheese</li> <li>Country Cheese</li> </ul> <p>(Suggested by J.G &amp; H.B)</p>	<ul style="list-style-type: none"> <li>Butter, Tomato &amp; Salad Sandwiches</li> <li>Sour cream &amp; Chives Rice cakes with cucumber sticks</li> </ul>
Vegetarian (V)/Gluten free (G)/ Dairy free(D)				
(G) Gluten free bread (D) No cheese & Beet root dip/ serve Hommus dip	(V) Honey Sandwiches (G) Gluten free bread	(G) Gluten free bread (V) beans no ham (D) No cheese	(V) Vegetarian Sausages (G) Gluten free Wraps (D) No cheese	(G) Gluten free bread (D) Original rice cakes
<b>A selection of seasonal fruit and vegetables offered everyday</b> – See Seasonal Fruit and Vegetable List for more details				

**Please Note: Always check the packaging for the dairy, soy, gelatine, gluten, nuts or sesame seeds before serving food and be aware of the children with food allergies**