



Afternoon Menu

Monday 5/8/19	Tuesday 6/8/19	Wednesday 7/8/19	Thursday 8/8/19	Friday 9/8/19
<ul style="list-style-type: none"> Honey & vegemite Sandwiches Brown crackers with carrot sticks & cheese(blocked) 	<ul style="list-style-type: none"> Make your own sandwich with Ham, tomatoes & Beetroot slaw & Cheese (Shredded) Sour cream Rice cake (Suggested by M.M) 	<ul style="list-style-type: none"> Butter, Tomato & Salad sandwiches Mixed Crackers & Cucumber sticks 	<ul style="list-style-type: none"> Wholemeal pita pockets with Tuna, Spinach Salad & Cheese Water Crackers & Sour Cream 	<ul style="list-style-type: none"> Cream Cheese & Honey Sandwiches Jatz & Avocado dip (Suggested by M.M)
Vegetarian (V)/Gluten free (G)/ Dairy free(D)				
(G) Gluten free bread (D) No Cheese	(G) Gluten free bread (D) No cheese (V) Serve Beans	(G) Gluten free Bread (D) No Sour cream	(G) Gluten free Pita (D)No Cheese/No Avo dip /Serve Hommus (V) Vegetarian Sausages	(G) Gluten free bread (D) No cream Cheese
A selection of seasonal fruit and vegetables offered everyday – 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