



# Afternoon Menu

| Monday<br>14/10/19   | Tuesday<br>15/10/19  | Wednesday<br>16/10/19  | Thursday<br>17/10/19  | Friday<br>18/10/19   |
|--|--|--|---|--|
| <ul style="list-style-type: none"> <li>Honey &amp; vegemite Sandwiches</li> <li>Mixed Crackers with carrot sticks &amp; Avocado dip</li> </ul> | <ul style="list-style-type: none"> <li>Make your own sandwich with Ham, tomatoes, lettuce &amp; Cheese (Shredded)</li> <li>Country cheese</li> </ul> | <ul style="list-style-type: none"> <li>Chicken &amp; Cheese sandwiches</li> <li>Shapes &amp; hommus</li> </ul> <p>(Suggested by E.H)</p> | <ul style="list-style-type: none"> <li>Wraps with Tuna, tomatoes &amp; Cheese</li> <li>Salada &amp; Cucumber Sticks</li> </ul> <p>(Suggested by N.W &amp; E.OD)</p> | <ul style="list-style-type: none"> <li>Butter, Tomato &amp; Salad sandwiches</li> <li>Delites with Cheese (Blocked)</li> </ul> |
| Vegetarian (V)/Gluten free (G)/ Dairy free(D)  |  |  |   |  |
| (G) Gluten free bread<br>(D) Hommus  | (G) Gluten free bread<br>(V) Beans<br>(D) No Cheese  | (G) Gluten free bread<br>(V) Cheese Sandwiches<br>(D) No cheese  | (G) Gluten free Wrap<br>(V) Vegetarian Sausages<br>(D) No Cheese  | (G) Gluten free bread<br>(D) No Cheese   |
| <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**