



# AFTERNOON TEA MENU

After School Care 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SANDWICHES</b>	Chicken	Ham	Chicken	Ham	Chicken
	Cheese	Cheese	Cheese	Cheese	Cheese
	Vegemite	Vegemite	Vegemite	Vegemite	Vegemite
	Honey	Jam	Honey	Jam	Honey
<b>VEGETABLES</b>	Carrots, Celery, Cucumber	Carrots, Celery, Cucumber	Carrots, Celery, Cucumber	Carrots, Celery, Cucumber	Carrots, Celery, Cucumber
<b>FRESH FRUITS</b>	Red & Green Apples, Pears, Oranges	Red & Green Apples, Pears, Oranges	Red & Green Apples, Pears, Oranges	Red & Green Apples, Pears, Oranges	Red & Green Apples, Pears, Oranges
<b>DRIED FRUIT</b>	Sultanas	Sultanas	Sultanas	Sultanas	Sultanas
<b>DAIRY</b>	A variety of Plain, Vanilla and Fruit Yoghurts are available for students across the week				
<b>CRACKERS</b>	A variety of Saladas, Saos and Rice Crackers are available for students across the week				
<b>DIPS</b>	Hummus is available for students across the week				
<b>DRINKS</b>	Water	Water	Water	Water	Water
<b>IF YOU HAVE ANY AFTERNOON TEA DIETARY NEEDS, IDEAS OR SUGGESTIONS PLEASE TELL US FOR CARMEL IN THE CANTEEN!</b>					