

# Afternoon Tea Menu

**SERVED  
3:00PM - 3:30PM**

## OFFERED DAILY

## CHOICES OF AFTERNOON TEA

### ASSORTMENT OF FRUIT

CHOICE MAY INCLUDE:

- APPLES
- ORANGES
- BANANAA
- WATERMELON
- PEAR
- STRAWBERRIES
- ROCKMELON

\*Subject to seasonal availability



### DIETARY KEY

The following symbols denote items that have alternative dietary options available

- Gluten Free.....GF
- Wheat Free.....WF
- Vegan.....V
- Dairy Free.....DF
- Nut Free.....NF
- Soy Free.....SF
- Egg Free.....EF

### SAVOURY SANDWICHES (GF)

CHOICE MAY INCLUDE:

- Ham and Lettuce
- Salami and Lettuce
- Ham and Cheese
- Salami and Cheese
- Cheese
- Nuttalex Margarine Spread + Vegemite
- Nuttalex Margarine Spread + Strawberry Jam
- Nuttalex Margarine Spread + Honey

### SAVOURY WRAPS (GF)

CHOICE MAY INCLUDE:

- Ham and Lettuce
- Chicken and Lettuce
- Cheese Wrap
- Ham and Cheese
- Chicken and Cheese
- Salami and Cheese
- Chicken and Lettuce
- Nuttalex Margarine Spread + Vegemite
- Nuttalex Margarine Spread + Strawberry Jam
- Nuttalex Margarine Spread + Honey



### YOGHURT (EF; GF)

CHOICE MAY INCLUDE:

- Vanilla Yoghurt
- Mango Yoghurt
- Strawberry Yoghurt

### RICE CAKES (GF)

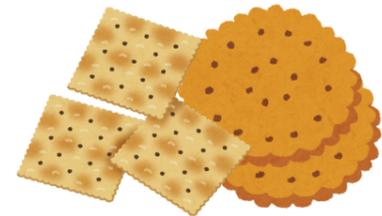
CHOICE MAY INCLUDE:

- SunRice Thin Sour Cream & Chives
- SunRice Salt & Balsamic Vinegar
- RealFoods Corn Thins Cheese
- RealFoods Original Corn Thins

### Rice Crackers (SAKATA)

CHOICE MAY INCLUDE: (GF)

- SAKATA Crackers (Barbecue)
- SAKATA Crackers (Cheese)
- SAKATA Crackers (Chicken)
- SAKATA Crackers (Sour Cream & Chive)



### AFTERNOON TEA SELECTION

\*One Option will be offered per day from the list below

- SAVOURY SANDWICHES (GF)
- SAVOURY WRAPS (GF)
- YOGHURT + RICE CAKES (GF)

### SWEET BISCUIT SELECTION

CHOICES MAY INCLUDE: GF; DF; EF; NF; V

- ARNOTT'S SCOTCH FINGERS
- ARNOTT'S MILK ARROWROOT BISCUITS
- COLES BRAND Vanilla Wafers
- COLES BRAND Chocolate Wafers

FOR ALLERGENS:

- ORGRAN Outback Animals Allergy

Chocolate Cookies

## Rotational Weekly Menu

PLEASE NOTE: Menu Items may vary depending upon availability

Term 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 Week 6	<b>Main: Yoghurt &amp; Rice Cakes</b> Fruit (Fruit of the day board) Yoghurt (mango, strawberry, vanilla). Rice Cakes (variety of flavors). Sweet Biscuit (variety of flavours)	<b>Main: Sandiwches</b> Fruit (Fruit of the day board). Savoury Sandwiches (variety of flavours). Sweet Biscuit (Variety of flavours)	<b>Main: Wraps</b> Fruit (Fruit of the day board). Savoury Wraps (Variety of flavours) Sweet Biscuit (Variety of Flavours)	<b>Main: Sandiwches</b> Fruit (Fruit of the day board). Savoury Sandwiches (Variety of flavours). Sweet Biscuit (Variety of Flavours)	<b>Main: Wraps</b> Fruit (Fruit of the day board). Savoury Wraps (Variety of Flavours) Sweet Biscuit (Variety of Flavours)
Week 2 Week 7	<b>Main: Sandiwches</b> Fruit (Fruit of the day board). Savoury Sandwiches (Variety of flavours). Sweet Biscuit (Variety of Flavours)	<b>Main: Yoghurt &amp; Rice Cakes</b> Fruit (Fruit of the day board) Yoghurt (mango, strawberry, vanilla). Rice Cakes (variety of flavors). Sweet Biscuit (variety of flavours)	<b>Main: Wraps</b> Fruit (Fruit of the day board). Savoury Wraps (Variety of Flavours) Sweet Biscuit (Variety of Flavours) Rice Crackers	<b>Main: Sandiwches</b> Fruit (Fruit of the day board). Savoury Sandwiches (Variety of flavours). Sweet Biscuit (Variety of Flavours)	<b>Main: Wraps</b> Fruit (Fruit of the day board). Savoury Wraps (Variety of Flavours) Sweet Biscuit (Variety of Flavours) Rice Crackers
Week 3 Week 8	<b>Main: Wraps</b> Fruit (Fruit of the day board). Savoury Wraps (Variety of Flavours) Sweet Biscuit (Variety of Flavours) Rice Crackers	<b>Main: Sandiwches</b> Fruit (Fruit of the day board). Savoury Sandwiches (variety of flavours). Sweet Biscuit (Variety of flavours)	<b>Main: Yoghurt &amp; Rice Cakes</b> Fruit (Fruit of the day board) Yoghurt (mango, strawberry, vanilla). Rice Cakes (variety of flavors). Sweet Biscuit (variety of flavours)	<b>Main: Sandiwches</b> Fruit (Fruit of the day board). Savoury Sandwiches (Variety of flavours). Sweet Biscuit (Variety of Flavours)	<b>Main: Wraps</b> Fruit (Fruit of the day board). Savoury Wraps (Variety of Flavours) Sweet Biscuit (Variety of Flavours)
Week 4 Week 9	<b>Main: Wraps</b> Fruit (Fruit of the day board). Savoury Wraps (Variety of Flavours) Sweet Biscuit (Variety of Flavours)	<b>Main: Sandiwches</b> Fruit (Fruit of the day board). Savoury Sandwiches (variety of flavours). Sweet Biscuit (Variety of flavours)	<b>Main: Wraps</b> Fruit (Fruit of the day board). Savoury Wraps (Variety of Flavours) Sweet Biscuit (Variety of Flavours)	<b>Main: Yoghurt &amp; Rice Cakes</b> Fruit (Fruit of the day board) Yoghurt (mango, strawberry, vanilla). Rice Cakes (variety of flavors). Sweet Biscuit (variety of flavours)	<b>Main: Sandiwches</b> Fruit (Fruit of the day board). Savoury Sandwiches (variety of flavours). Sweet Biscuit (Variety of flavours)
Week 5 Week 10	<b>Main: Wraps</b> Fruit (Fruit of the day board). Savoury Wraps (Variety of Flavours) Sweet Biscuit (Variety of Flavours)	<b>Main: Sandiwches</b> Fruit (Fruit of the day board). Savoury Sandwiches (variety of flavours). Sweet Biscuit (Variety of flavours) Rice Crackers	<b>Main: Wraps</b> Fruit (Fruit of the day board). Savoury Wraps (Variety of Flavours) Sweet Biscuit (Variety of Flavours)	<b>Main: Sandiwches</b> Fruit (Fruit of the day board). Savoury Sandwiches (variety of flavours). Sweet Biscuit (Variety of flavours) Rice Crackers	<b>Main: Yoghurt &amp; Rice Cakes</b> Fruit (Fruit of the day board) Yoghurt (mango, strawberry, vanilla). Rice Cakes (variety of flavors). Sweet Biscuit (variety of flavours)