

Afternoon Tea Menu

SERVED @3:00PM

1

OFFERED DAILY

ASSORTMENT OF FRUIT

CHOICE MAY INCLUDE:

- APPLES
- ORANGES
- WATERMELON
- ROCKMELON
- GRAPES
- PEARS

*Subject to seasonal availability



2

AFTERNOON TEA SELECTION

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

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

3

SWEET BISCUIT SELECTION

CHOICES MAY INCLUDE:

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

FOR ALLERGENS: GF; DF; EF; NF; V

- ORGRAN Outback Animals Allergy Cookies

CHOICES OF AFTERNOON TEA

SAVOURY SANDWICHES

CHOICE MAY INCLUDE: (GF, V, VE, DF)

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

SAVOURY WRAPS

CHOICE MAY INCLUDE: (GF, DF, VE, V)

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



YOGHURT (EF, VE GF, DF)

CHOICE MAY INCLUDE:

- Vanilla Yoghurt
- Mango Yoghurt
- Strawberry Yoghurt

RICE CAKES (GF, DF, V, VE)

CHOICE MAY INCLUDE:

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

DIETARY KEY

The following symbols denote items that have alternative dietary options available

Gluten Free.....GF

Wheat Free.....WF

Vegetarian.....VE

Vegan.....V

Dairy Free.....DF

Nut Free.....NF

Soy Free.....SF

Egg Free.....EF

Sesame Free.....S

Rotational Weekly Menu

PLEASE NOTE: Menu Items may vary depending upon availability

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