

## 2017 TERM 3 AFTERNOON TEA MENU

**Fresh fruit is provided and served with ALL food menu items each day**

**Fresh drinking water is available to children at ALL times**

**Gluten free/Soy Free options are available for children with special diet requirement**

Week 1					Week 6				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pupil Free Day</b>	Chicken Stir Fry with Steam Rice	San choi bao (Beef mince on lettuce)	Rice Cake & Milo	Chicken schnitzel & salad roll	Sausage roll	Fried rice with bacon & vegetable	Party pie	Chicken/Ham salad wraps	Spring roll & Milo
Week 2					Week 7				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Antipasto platter	Ham & Salad Sandwiches	Fillet-o-fish	Sausage roll & Milo	Pasta bake	Sushi (Cook tuna/ham/salad)	Chicken Nuggets	Fried rice with bacon & vegetable	Ham & Salad Sandwiches	Cheese twist & Vegemite twist
Week 3					Week 8				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Rice Cake & Milo	Pasta with mince & vegetable sauce	Chicken schnitzel & salad roll	San choi bao (Beef mince on lettuce)	Sushi (Cook tuna/ham/salad)	Chicken/Ham salad wraps	Fillet-o-fish	Rice Cake & Milo	Hot dog & milo	Banana bread
Week 4					Week 9				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Party pie	Soup & bread rolls	Ham & Salad Sandwiches	Fried rice with bacon & vegetable	Chicken & vegetable noodle	Ham & Salad Sandwiches	Chicken noodle	Nachos	Beef Stir Fry with Steam Rice	Party pie
Week 5					Week 10				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
San choi bao (Beef mince on lettuce)	Rice Cake & Milo	Hot dog & milo	Pasta with mince & vegetable sauce	Antipasto platter	Cheese twist	Hot dog & milo	Banana bread	Party pie	Sushi (Cook tuna/ham/salad)

***N.B. The afternoon tea menu planner has been researched, developed and written by The Kids Castle staff in conjunction with the advice from Public Health Nutritionists & the Australian Guide to Healthy Eating. For further information, please read our Food Policy or visit <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>***