

2017 TERM 4 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
Yoghurt & Fruit Salad	Hot dog & milo	San choi bao (Beef mince on lettuce)	Rice Cake & Milo	Chicken schnitzel & salad roll	Crackers, vegetable sticks & dips	Rice Crackers, Vegetable Sticks & Dips	Hot dog & Vegetable sticks	Chicken/Ham salad wraps	Cob of Corn
Week 2					Week 7				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Ham & Salad Sandwiches	Yoghurt & Fruit Salad	Fillet-o-fish	Sausage roll & Milo	Pasta Salad (Cooked Tuna & Mixed Vegetables)	Cob of Corn	SAO, Ham, Cheese & Tomato	Fruit Kebabs	Ham & Salad Sandwiches	Cheese twist & Vegemite twist
Week 3					Week 8				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Rice Cake & Vegetable sticks	Chicken/Ham salad wraps	Yoghurt & Fruit Salad	Hot dog & Vegetable sticks	Sushi (Cooked tuna/ham/salad)	Chicken/Ham salad wraps	Cob of Corn	Crackers, vegetable sticks & dips	Hot dog & Vegetable sticks	Rice Crackers, Vegetable Sticks & Dips
Week 4					Week 9				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Mix Vegetable Kebabs	<i>Halloween Party Food</i>	Ham & Salad Sandwiches	Vegetable Rice Paper Rolls	Fruit Kebabs	Puff Dogs	Fruit Kebabs	Ham & Salad Sandwiches	Crackers, vegetable sticks & dips	SAO, Ham, Cheese & Tomato
Week 5					Week 10				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit Kebabs	Vegetable Rice Paper Rolls	Chicken & Vegetable Fried Rice	Cob of Corn	Puff Dogs	Rice Crackers, Vegetable Sticks & Dips	Hot dog & Vegetable sticks	SAO, Ham, Cheese & Tomato	<i>Christmas Party Food</i>	Crackers, vegetable sticks & dips

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>