

Kids Castle Afternoon Tea Menu 2020 Term 4 Week 6 - 10

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/Vegetarian options are available for children with special diet requirement

Week 6				
Monday	Tuesday	Wednesday	Thursday	Friday
Nachos	Cheese/Vegemite Twists	Sushi Roll (Tuna/Ham/Chicken/Salad)	Yoghurt & Fruit Salad	Chicken/Veggie Nuggets
Week 7				
Monday	Tuesday	Wednesday	Thursday	Friday
Mini Pizza	Mini Sausage Rolls	Cheese/Vegemite Twists	Crackers, Dips & Veggie Sticks	Salad/Ham/Chicken Sandwiches
Week 8				
Monday	Tuesday	Wednesday	Thursday	Friday
Sushi Roll (Tuna/Ham/Chicken/Salad)	Yoghurt & Fruit Salad	Chicken/Veggie Nuggets	Salad/Ham/Chicken Sandwiches	Cheese/Vegemite Twists
Week 9				
Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable & Noodle Stir Fry	Sao, Ham, Cheese & tomato	Assorted Wraps	Christmas Party Platter	Popcorn & Cheese Cubes
Week 10				
Monday	Tuesday	Wednesday	Thursday	Friday
Crackers, Dips & Veggie Sticks	Fruity Sorbet	Fruity Muffins	Pupil Free Day	Pupil Free Day

N.B. The afternoon tea menu planner has been researched, developed and written by The Kids Castle staffs and Children, 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>