



# SAMPLE MENU

<p><b>BREAKFAST</b></p>	<p>Children can select from the following:          Choice of cereals (e.g. weetbix, porridge, home-made toasted muesli) served with milk  <b>AND</b>          Wholemeal toast, English muffins, crumpets or raisin bread with assorted spreads (e.g. butter, ricotta cheese, vegemite)  <b>AND</b>          Seasonal fruit bowl (e.g. apples, oranges, bananas, pears, grapes).           Drink: milk, water</p>				
<p><b>AFTERNOON TEA</b></p>	<p>Seasonal fruit and vegetable platter          (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes)</p>				
	<p><b>MONDAY</b> lebanese bread, cheese, hummus dip, carrot, cucumber, celery sticks</p>	<p><b>TUESDAY</b> fruit bread with butter</p>	<p><b>WEDNESDAY</b> garlic bread with vegetable soup</p>	<p><b>THURSDAY</b> wholegrain bread sandwiches with carrot, cucumber, tomatoes, lettuce, cheese</p>	<p><b>FRIDAY</b> corn thins with tomato, cucumber, avocado, cheese toppings</p>
<p><b>LATE AFTERNOON SNACK</b></p>	<p>Children can select from the following:          Wholegrain crackers  <b>AND</b>          Seasonal fruit bowl (e.g. apples, oranges, bananas, pears, grapes)           Drink: milk, water</p>				