



## Fortnightly Menu

### WEEK 5, 2019



Monday	Tuesday	Wednesday	Thursday	Friday
11 Nov	12 Nov	13 Nov	14 Nov	15 Nov
Drinking water is always available. All meals are served with a selection of seasonal fruit and vegetables				

## BREAKFAST

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereals, Toast, Porridge and Fresh Fruit	Yogurt and Granola Bites + Regular Breakfast	Cereals, Toast, Porridge and Fresh Fruit	Bacon and Egg Rolls + Regular Breakfast	Cereals, Toast, Porridge and Fresh Fruit
<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>
Gluten and Dairy Free Options	Contains: Dairy and Gluten	Gluten and Dairy Free Options	Contains: Egg and Pork	Gluten and Dairy Free Options

## AFTERNOON TEA

Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
Ham and Cheese Toasties	Mixed Sandwiches	Thai Salad + Sandwiches	Mixed Sandwiches	Vege Sticks, Crackers and Dips
<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>
Vegan and Gluten Free Options Avail	Vegan and Gluten Free Options Avail	n/a	Vegan and Gluten Free Options Avail	Contains: NO Chickpeas





## Fortnightly Menu

### WEEK 6, 2019



Monday	Tuesday	Wednesday	Thursday	Friday
18 Nov	19 Nov	20 Nov	21 Nov	22 Nov
Drinking water is always available. All meals are served with a selection of seasonal fruit and vegetables				

## BREAKFAST

<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Cereals, Toast, Porridge and Fresh Fruit	Cereals, Toast, Porridge and Fresh Fruit	Raisin Toast + Regular Breakfast	Cereals, Toast, Porridge and Fresh Fruit	Wholemeal Blueberry Waffles + Regular Breakfast
<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>
Gluten and Dairy Free Options	Gluten and Dairy Free Options	Contains: Gluten	Gluten and Dairy Free Options	Contains: Gluten and Egg

## AFTERNOON TEA

<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>
Mixed Sandwiches	Beef/Vegetarian Tacos	Mixed Sandwiches	Lightly Salted Popcorn	Mixed Sandwiches
<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>
Vegan and Gluten Free Options Avail	Contains: Gluten	Vegan and Gluten Free Options Avail		Vegan and Gluten Free Options Avail

