

Fortnightly Menu **WEEK 3, 2020**



| 3 Aug 4 Aug 5 Aug 6 Aug 7 Aug | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|--------|---------|-----------|----------|--------|
| | 3 Aug | | 5 Aug | 6 Aug | 7 Aug |

Drinking water is always available. All meals are served with a selection of seasonal fruit and vegetables

BREAKFAST

| <u>Breakfast</u> | | | | <u>Breakfast</u> |
|----------------------|-------------------|----------------------|------------------|----------------------|
| Cereal, Toast & Oats | Yoghurt and Fruit | Cereal, Toast & Oats | Avocado on Toast | Cereal, Toast & Oats |
| Allergy Advice | Allergy Advice | Allergy Advice | Allergy Advice | Allergy Advice |
| Dairy and Gluten | Dairy and Gluten | Dairy and Gluten | Dairy and Gluten | Dairy and Gluten |
| Free options | Free options | Free options | Free options | Free options |
| available | available | available | available | available |

AFTERNOON TEA

| Afternoon Tea | Afternoon Tea | Afternoon Tea | Afternoon Tea | Afternoon Tea |
|---|---|----------------|---|---|
| Mixed Sandwiches | Rice Cakes with French Onion Dip, Shredded Lettuce and Grated Carrot | Pretzels | Toasted Sandwiches | Mixed Sandwiches |
| Allergy Advice | Allergy Advice | Allergy Advice | Allergy Advice | Allergy Advice |
| Dairy and Gluten Free options available | Contains gluten and dairy | Contains Wheat | Dairy and Gluten Free options available | Dairy and Gluten Free options available |







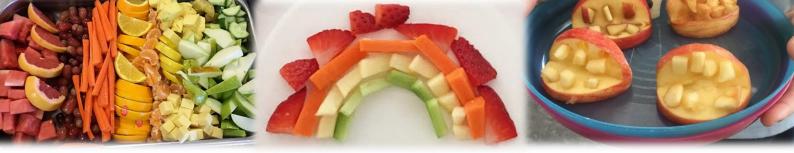












Fortnightly Menu **WEEK 4, 2020**



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| 10 Aug | 11 Aug | 12 Aug | 13 Aug | 14 Aug |

Drinking water is always available. All meals are served with a selection of seasonal fruit and vegetables

BREAKFAST

| <u>Breakfast</u> | | | | <u>Breakfast</u> |
|------------------|---|---|---|---|
| Raisin Toast | Cereal, Toast & Oats | Cereal, Toast & Oats | Cereal, Toast & Oats | Yoghurt and Granola Bites |
| Allergy Advice | Allergy Advice | Allergy Advice | Allergy Advice | Allergy Advice |
| Contains Gluten | Dairy and Gluten Free options available |

AFTERNOON TEA

| Afternoon Tea | Afternoon Tea | Afternoon Tea | Afternoon Tea | Afternoon Tea |
|------------------|---|---|---|---------------------------|
| 2 Minute Noodles | Toasted Sandwiches | Mixed Sandwiches | Mixed Sandwiches | Cheese and Crackers |
| Allergy Advice | Allergy Advice | Allergy Advice | Allergy Advice | Allergy Advice |
| Contains Gluten | Dairy and Gluten Free options available | Dairy and Gluten Free options available | Dairy and Gluten Free options available | Contains Gluten and Dairy |















