



## Fortnightly Menu

### WEEK 3, 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 Aug	4 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>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Cereal, Toast & Oats	Yoghurt and Fruit	Cereal, Toast & Oats	Avocado on Toast	Cereal, Toast & Oats
<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>
Dairy and Gluten Free options available	Dairy and Gluten Free options available	Dairy and Gluten Free options available	Dairy and Gluten Free options available	Dairy and Gluten Free options available

## AFTERNOON TEA

<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>
Mixed Sandwiches	Rice Cakes with French Onion Dip, Shredded Lettuce and Grated Carrot	Pretzels	Toasted Sandwiches	Mixed Sandwiches
<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>
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>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Raisin Toast	Cereal, Toast & Oats	Cereal, Toast & Oats	Cereal, Toast & Oats	Yoghurt and Granola Bites
<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>
Contains Gluten	Dairy and Gluten Free options available	Dairy and Gluten Free options available	Dairy and Gluten Free options available	Dairy and Gluten Free options available

## AFTERNOON TEA

<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>
2 Minute Noodles	Toasted Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Cheese and Crackers
<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>	<u>Allergy Advice</u>
Contains Gluten	Dairy and Gluten Free options available	Dairy and Gluten Free options available	Dairy and Gluten Free options available	Contains Gluten and Dairy

