



KIDS CLUB WINTER AFTERNOON TEA: TERMS 2 & 3 2019.

This menu will be reviewed regularly in consultation with children, staff and families.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	Sandwiches Cheese, tomato and ham, vegemite and cheese, tuna and tomato	Couscous or Noodles with vegetables	Wholemeal Pizza Tomato and Cheese	Sandwiches Cheese, tomato and ham, vegemite and cheese, tuna and tomato	Muesli and Yoghurt Rolled oats, sultanas, apricots, honey, coconut
2	Couscous or Noodles with vegetables	Sandwiches Cheese, tomato and ham, vegemite and cheese, tuna and tomato	Sandwiches	Wholemeal Pizza	Muesli and Yoghurt
3	Sandwiches	Wholemeal Pizza	Sandwiches Cheese, tomato and ham, vegemite and cheese, tuna and tomato	Muesli and Yoghurt	Couscous or Noodles with vegetables
4.	Wholemeal Pizza	Sandwiches	Muesli and Yoghurt	Couscous or Noodles with vegetables	Sandwiches Cheese, tomato and ham, vegemite and cheese, tuna and tomato

Fresh Fruit & Vegetable sticks are also offered to the children as part of Afternoon Tea.

Water is Available for the children at all times.

A variation to the above menu is available for children with medical conditions/specific dietary requirements.

This menu has been created on the recommendations from the Australian Dietary Guidelines & the Australian Guide to Healthy Eating