

BREAKFAST & AFTERNOON TEA: WEEK 7, TERM 4, 2025

Our menu is designed to help children meet their daily nutritional needs and is collaboratively crafted with children.

*Alternatives are available for gluten-free, dairy-free, vegetarian, and vegan preferences.

BREAKFAST

Daily Options include fruit toast, crumpets, muffins, fresh fruit, whole meal toast with spreads: butter, vegemite, honey, and jam, and a selection of cereals: weet-bix, rice bubbles, cornflakes, and porridge

AFTERNOON TEA

Monday

Apple, Oranges,
Banana



Cheese Cubes

Shapes Mix

Tuesday

Apple, Celery,
Pear

Cheese Slices

Snack Mix



Wednesday

Apple, Oranges,
Cucumber

Ham & Cheese

Square Crackers



Thursday

Apple, Oranges
Pear

Sour Cream

Corn Chips &
Salsa



Friday

Apples, Carrot,
Cucumber

Hummus

Rice Crackers



LATE SNACK 4:30PM - LEFT OVER FRUIT/AFTERNOON TEA OR SNACK MIX
(Snack Mix - A combination of any of the following: Popcorn, biscuits, crackers, cereals, dried fruit, pretzels)

Fruit + Veg



Protein



Carbohydrates



Snack

