

Sample Menu

MONDAY

MORNING
TEA



Raisin Bread

TUESDAY



Wholemeal Bread

WEDNESDAY



Water Crackers with
Sliced Cheese

THURSDAY



English Muffins

FRIDAY



Fruit Yoghurt

LUNCH



Maple Soy Chicken Tenders
& Fried Rice



GFHC Chicken Roll Ups



Beef Korma with
Basmati Rice



Tuna & Corn
Nori Rolls



Mac & Cheese with
Hidden Veggies

AFTERNOON
TEA



Fig Coconut Sultana Cookies



Cheesymite Pastry Twists



Lemonade Scones



Carrot Pumpkin Cake



Yoghurt Cake