



# WOSHC Afternoon Tea Menu

Based on a 2-week rotation

Please let staff know if you have any questions/concerns about the menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Rice cakes	Sandwiches	Fried rice	Garlic bread	Lebanese bread
OPTIONS	Cold meats, dips, spreads, cheese, tomato	Cold meats, tuna, spreads, cheese, tomato	Rice, ham, peas, carrot, corn, soy sauce	Fresh baguette with garlic butter	Dips, spreads, cheese, tomato, cucumber
WEEK 2	Apple crumble	Mini pizzas	Vegetable sticks & rice crackers with dips	Sandwiches	Burrito bowls
OPTIONS	Stewed apples, rolled oats, vanilla yoghurt	English muffins, tomato paste, cheese, ham, pineapple	Hummus, French onion dip, carrot, cucumber, cheese, cherry tomatoes	Cold meats, tuna, spreads, cheese, tomato	Lean beef mince, lettuce, cheese, tomato, salsa, sour cream

**Fresh fruit is served daily with every afternoon tea**

Check each day that the following are included:

- Fresh water
- Fruit and vegetables
- Cereal based food
- Milk, yoghurt, cheese
- Lean meat, poultry, legume, fish, egg, tofu

