

Our Morning Tea Menu rotates week by week through-out the month ensuring your child is offered a variety of healthy food options which are guided by the Traffic Light System.

(In addition to the stated menu, Corn Thins &/or Milk Arrowroot biscuits will be offered if/as needed. **Gluten and Lactose Free options are available also.** Please speak to the Director on enrolment to discuss your child's specific dietary requirements)

Fresh Fruit is offered at Afternoon Tea. If your child requires something more substantial at this time, please supply them with a light snack also.



DAILY MENU 1

Monday	Crackers & Spread (Room 1 milk arrowroot biscuits) <i>Fresh fruit</i>
Tuesday	English Muffins OR Bread Roll Cheesies <i>Fresh fruit</i>
Wednesday	Wholemeal Toast OR Crumpets & Toppings <i>Fresh fruit</i>
Thursday	Weetbix/Vita Brits & Milk <i>Fresh fruit</i>
Friday	Toasted Raisin Bread <i>Fresh fruit</i>

DAILY MENU 2

Monday	Spaghetti / Baked Beans with Wholemeal Toast Triangles <i>Fresh fruit</i>
Tuesday	Toasted Raisin Bread <i>Fresh fruit</i>
Wednesday	Weetbix/Vita Brits & Milk <i>Fresh fruit</i>
Thursday	Crackers & Spread (Room 1 milk arrowroot biscuits) <i>Fresh fruit</i>
Friday	Wholemeal Toast OR Crumpets & Toppings <i>Fresh fruit</i>





DAILY MENU 3

Monday	Weetbix/Vita Brits & Milk <i>Fresh fruit</i>
Tuesday	Crackers & Spread (Room 1 milk arrowroot biscuits) <i>Fresh fruit</i>
Wednesday	Wholemeal Toast OR Crumpets & Toppings <i>Fresh fruit</i>
Thursday	English Muffins OR Bread Roll Cheesies <i>Fresh fruit</i>
Friday	Toasted Raisin Bread <i>Fresh fruit</i>



DAILY MENU 4

Monday	Crackers & Spread (Room 1 milk arrowroot biscuits) <i>Fresh fruit</i>
Tuesday	Spaghetti / Baked Beans with Wholemeal Toast Triangles <i>Fresh fruit</i>
Wednesday	Weetbix/Vita Brits & Milk <i>Fresh fruit</i>
Thursday	Toasted Raisin Bread <i>Fresh fruit</i>
Friday	English Muffins OR Bread Roll Cheesies <i>Fresh fruit</i>

Gluten and Lactose Free options are available also. Please speak to the Director on enrolment to discuss your child's specific dietary requirements.

☺**COLLEGE COMMUNITY CHILD CARE CENTRE**☺