
















COOSH TERM THREE 2025: AFTERNOON TEA MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One & Week Two	<p>Chinese Fried Rice with ham, carrot, peas and corn</p> <p>V&H: No Ham</p> 	<p>Mediterranean Board</p> <p>Pita triangles, hummus, tzatziki, cheese, cucumber and carrot sticks</p> <p>L&D: DF Cheese & No Tzatziki</p> 	<p>Chicken Tenders with Greek Salad</p> <p>V&H: Cheese Sandwich</p> <p>L&D: No Feta on the Salad</p> 	<p>Italian Beef lasagna</p> <p>V, D&H: Penne Pasta in red sauce</p> 	<p>Salada's with Cheese and Jam</p> <p>L: Dairy Free Cheese</p> 

<p>Week Three & Week Four</p>	<p>Mexican Tacos with beef mince, lettuce, tomato, cheese and avocado</p> <p>V&H: Black bean substitute</p> 	<p>Japanese Sushi Bowls with brown rice, chicken, avocado, seaweed and vegan mayo</p> <p>V&H: Tuna</p> 	<p>Yogurt & Muesli Parfaits with Frozen Fruit</p> <p>L&D: Coconut yogurt</p> 	<p>Homemade Ham and Cheese Scrolls</p> <p>H&V: No Ham</p> <p>D&L: Dairy Free Cheese</p> <p>GF: Gluten Free Puff Pastry</p> 	<p>Italian Penne Pasta with Mince Meat, Carrot & Celery</p> <p>V&H: No Meat</p> 
<p>Week Five & Week Six</p>	<p>Cruskits with Reduced Fat Cream Cheese and Vegemite</p> 	<p>Sausages with Corn and Broccoli</p> <p>V&H: Meat Free Sausages</p> 	<p>Mixed Sandwiches (Butter, Vegemite, Ham & Cheese)</p> <p>V&H: No Ham</p> <p>L&D: DF Cheese & Ham</p> 	<p>Mexican Nachos with mince, beans, tortilla chips, salsa, cheese, avocado</p> <p>V&H: Black Bean Substitute</p> <p>L&D: DF cheese</p> 	<p>Bagels with Cream Cheese, Avocado or Jam</p> <p>L: Avocado or Jam Bagel</p> 

<p>Week Seven & Week Eight</p>	<p>Wraps with chicken, ham, lettuce, carrot, cheese</p> <p>V: No meat</p> <p>H: No ham</p> <p>GF: Gluten Free Wraps</p> 	<p>Rice Cakes with Avocado and Jam</p> 	<p>Mediterranean Board</p> <p>Pita triangles, hummus, tzatziki, cheese, cucumber and carrot sticks</p> <p>L&D: DF Cheese & No Tzatziki</p> 	<p>Indian Butter Chicken with Carrot, Broccoli and rice</p> <p>V&H: No Chicken</p> <p>D&L: Dairy Free Butter Chicken Sauce</p> 	<p>Chicken Burgers with fat-free, vegan mayo and lettuce</p> <p>V&H: Chicken-free Patties</p> 
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Week Nine & Week Ten	<p>Cheese Toasties with carrot and cucumber sticks</p> <p>GF: Gluten Free Bread</p> 	<p>Chicken Tenders with Greek Salad</p> <p>V&H: Vegetable Tenders</p> <p>L&D: No Feta on the Salad</p> 	<p>Japanese Sushi Bowls with brown rice, chicken, avocado, seaweed and vegan mayo</p> <p>V&H: Tuna</p> 	<p>Italian Mini Pizzas – English muffins, cheese, ham, capsicum, pineapple</p> <p>V&H: No Ham</p> <p>L&D: DF Cheese</p> <p>GF: GF English Muffins</p> 	<p>Yogurt & Muesli Parfaits with Frozen Fruit</p> <p>L: Coconut Yogurt</p> 

All meals are served with a seasonal fresh fruit platter.
Drinking water is available to all children via the school bubblers.

Dietary Considerations:	V: Vegetarian	D: Dairy Free	E: Egg Free	H: Halal	L: Lactose Free	GF: Gluten Free
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