



Anzac Road BASC Afternoon Tea Menu



Children may select from the following options:

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.	Yoghurt & Fresh Fruit <u>OR</u> Fresh Fruit *3 Seasonal Fruits	Lebanese wrap with Ham, Cheese & Salad <u>OR</u> Lebanese wrap with Salad (carrot, lettuce, tomato, cucumber)	Fried Rice with soy sauce (rice, carrot, capsicum, shallots, pea, corn, ham and egg) <u>OR</u> Rice with veggies (carrot, capsicum, shallots, peas and corn)	Banana muffins <u>OR</u> Blueberry muffins	Jatz with french onion dip, cucumber, carrot and cheese <u>OR</u> Jatz with hummus dip, cucumber, carrot and cheese
2.	Lebanese wrap with Tuna, Cheese & Salad <u>OR</u> Lebanese roll with Salad (carrot, lettuce, tomato, cucumber)	Vegemite & cheese puff pastries <u>OR</u> Cheese puff pastries	Ham and cheese tomato base mini pizza <u>OR</u> Tomato base cheese mini pizza	Chicken loaf, Lettuce and cheese sandwich on white bread <u>OR</u> Cheese and cucumber sandwich on white bread	Quesadillas with salsa, ham and cheese <u>OR</u> Quesadillas with cheese
3.	Jatz with french onion dip, cucumber, carrot and cheese <u>OR</u> Jatz with hummus dip, cucumber, carrot and cheese	Yoghurt & Fresh Fruit <u>OR</u> Fresh Fruit *3 Seasonal Fruits	Lebanese wrap with Ham, Cheese & Salad <u>OR</u> Lebanese wrap with Salad (carrot, lettuce, tomato, cucumber)	Fried Rice with soy sauce (rice, carrot, capsicum, shallots, pea, corn, ham and egg) <u>OR</u> Rice with veggies (carrot, capsicum)	Banana muffins <u>OR</u> Blueberry muffins
4.	Quesadillas with salsa, ham and cheese <u>OR</u> Quesadillas with cheese	Lebanese wrap with Tuna, Cheese & Salad <u>OR</u> Lebanese roll with Salad (carrot, lettuce, tomato, cucumber)	Vegemite & cheese puff pastries <u>OR</u> Cheese puff pastries	Ham and cheese tomato base mini pizza <u>OR</u> Tomato base cheese mini pizza	Chicken loaf, Lettuce and cheese sandwich on white bread <u>OR</u> Cheese and cucumber sandwich on white bread
5.	Banana muffins <u>OR</u> Blueberry muffins	Chicken loaf, Lettuce and cheese sandwich on white bread <u>OR</u> Cheese and cucumber sandwich on white bread	Jatz with french onion dip, cucumber, carrot and cheese <u>OR</u> Jatz with hummus dip, cucumber, carrot and cheese	Quesadillas with salsa, ham and cheese <u>OR</u> Quesadillas with cheese	Yoghurt & Fresh Fruit <u>OR</u> Fresh Fruit *3 Seasonal Fruits

*Water available via esky at all times. All food is **nut free***

Fresh Fruit & Raw Vegetable Platter served at 4.45-5.00pm