

Afternoon Tea Menu

Bishop Drutt College Outside School Hours Care (BDC OSHC) strives to promote healthy eating and to provide children with a healthy menu for afternoon tea. This is based on feedback and suggestions from children/family, healthy eating guidelines and cooking/making experiences, where children learn a range of life skills and culinary skills.

- There is always a large fresh fruit and vegetable platter with afternoon tea.
- Fresh filtered water is always available.
- We are a nut aware centre, but use nearly all nut-free products.
- We also cater for gluten-free and can accommodate most other dietary needs, within reason.

Term 1 Weeks 8 – 11

Monday	Tuesday	Wednesday	Thursday	Fun Day Friday Children's Choice
Rice crackers and cheese	Natural corn chips and hummus	Mixed sandwiches	Pizza scrolls	Fairy bread
Monday	Tuesday	Wednesday	Thursday	Friday
Popcorn	Nut free fruit muffins	Salad wraps	Wholemeal pikelets	Jelly and custard
Monday	Tuesday	Wednesday	Thursday	Friday
Toasted sandwiches	Sausages in bread	Natural corn chips and hummus	Low fat, low sugar biscuits	Mac and cheese
Monday	Tuesday	Wednesday	Thursday	Friday
Muesli bars	Mixed sandwiches	Banana bread	Popcorn	Puffy dogs