Tea Menu

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| Monday | Crackers or Ryvita’s with ham and cheese.  Yogurt or fresh fruit. |
| Tuesday | Mini wholemeal pitta pockets with vegetable sticks and fresh dips.  Yogurt or fresh fruit. |
| Wednesday | Wholemeal pizza muffins  Yogurt or fresh fruit. |
| Thursday | Wholemeal rolls with an assortment of fillings.  Yogurt or fresh fruit. |
| Friday | Cauliflower, ham and cheese bake.  Yogurt or fresh fruit. |