






# OOSH MENU

2016 - 2017 (1)

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1			 AFTERNOON TEA Pear & Ginger Pillows with Coconut Sugar 	 Gluten Free Crackers, Chickpea & Herb Cream Cheese Dip Fresh Fruit	Carob Swirl Wholemeal Coconut Shortbread Fresh Fruit
	 Spelt & Oat Anzac Biscuits Fresh Fruit	Banana, Bran & Milo Muffins Fresh Fruit			
WEEK 2	 White Bean & Beetroot Dip with Tortilla Flat Bread Fresh Fruit	Rosetta Rolls with Sliced Cheese Fresh Fruit	 AFTERNOON TEA Cornflake Muesli Bar with White Chocolate Top Fresh Fruit	Corn Chips with Tomato & Sweet Chilli Salsa Fresh Fruit	 Apple, Apricot & Ricotta Muffins with Linseed Crumble Fresh Fruit