

AMBROSE St Matthew's Menu Rotation 3

Monday Breakfast

Assorted cereals.
Wholemeal toast
with spreads.
Selection of milks.

*Gluten and dairy free
options available
Water is always available

Tuesday Breakfast

Assorted cereals.
Wholemeal toast
with spreads.
Selection of milks.

*Gluten and dairy free
options available
Water is always available

Wednesday Breakfast

Assorted cereals.
Wholemeal toast
with spreads.
Selection of milks.

*Gluten and dairy free
options available
Water is always available

Thursday Breakfast

Assorted cereals.
Wholemeal toast
with spreads.
Selection of milks.

*Gluten and dairy free
options available
Water is always available

Friday Breakfast

Assorted cereals.
Wholemeal toast
with spreads.
Selection of milks.

*Gluten and dairy free
options available
Water is always available

Monday Afternoon Tea Wholemeal pita bread with dips Late snack: Berry smoothies

*Gluten and dairy free
options available
Water is always available

Tuesday Afternoon Tea Chicken noodle salad Late snack: Crackers and dip

*Gluten and dairy free
options available
Water is always available

Wednesday Afternoon Tea Sushi bowls Late snack: Custard

*Gluten and dairy free
options available
Water is always available

Thursday Afternoon Tea Yoghurt and fresh fruit Late snack: biscuits

*Gluten and dairy free
options available
Water is always available

Friday Afternoon Tea Nachos Late snack: Jelly

*Gluten and dairy free
options available
Water is always available

All menu items are nut and egg free.