





## St. Marys Blinky Bills Preschool Season Meals

### Summer

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Morning Tea 	Fruit Or Vegetable Selection + Milk Or Water	Fruit Or Vegetable Selection + Milk Or Water	Fruit Or Vegetable Selection + Milk Or Water	Fruit Or Vegetable Selection + Milk Or Water	Fruit Or Vegetable Selection + Milk Or Water
Afternoon Tea 	Saladas With Tomato And Cheese + Milk Or Water	Strawberry Yoghurt Ice Poles + Milk Or Water	Vegetable Sticks With Dip And Dried Fruit + Milk Or Water	Plain Popcorn + Milk Or Water	Mini Pizzas – Cheese, Tomato And Vegetables + Milk Or Water

### Winter

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Morning Tea 	Fruit Or Vegetable Selection + Milk Or Water	Fruit Or Vegetable Selection + Milk Or Water	Fruit Or Vegetable Selection + Milk Or Water	Fruit Or Vegetable Selection + Milk Or Water	Fruit Or Vegetable Selection + Milk Or Water
Afternoon Tea 	Yoghurt And Tin Fruit + Milk Or Water	Bread Cases With Cream, Corn Or Tuna + Milk Or Water	Rice Cakes, Spread And Dried Fruit + Milk Or Water	Fruit Muffins + Milk Or Water	Rice Pudding + Milk Or Water

# St. Marys Blinky Bills Preschool

## Afternoon Tea Ideas

Rice  
Pudding



Saladas  
With  
Tomato  
And  
Cheese

Fruit  
Smoothie



Custard  
With  
Fruit



Dips –  
Vegemite  
With  
Carrots,  
Cheese  
And Celery  
Sticks

Rice  
Cakes  
And  
Spreads

Yoghurt  
And  
Fruit

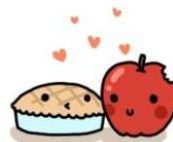
Fruit  
Kebabs



Bread  
Cases  
With  
Cream,  
Corn Or  
Tuna



Apple  
Crumble



Plain Or  
Fruit  
Pancake

Pizzas –  
Cheese,  
Tomato  
Paste And  
Grated  
Vegetables

Plain  
Popcorn



Vegetable  
Slice

Fruit Muffins  
(e.g.  
Blueberries)

Strawberry  
Yoghurt Ice  
Poles

