

DAILY TEA MENU

DAY 1 TOAST (BROWN)

SPREADS
CARROTS
BANANA

DAY 2

**BROWN BREAD &
BUTTER**

CHEESE
CUCUMBER
ORANGE

DAY 3

CRUMPETS
SPREADS
RAISINS
APPLE

DAY 4

PITTA OR FRENCH
BREAD
CHEESE
CUCUMBER

DRIED APRICOT

DAY 5

TOAST (BROWN)/RICE CAKES

CREAM CHEESE
CUCUMBER
PEARS

DAY 6

BROWN BREAD &
BUTTER
SPREADS
CARROT
TINNED FRUIT

MID MORNING REFRESHMENTS

Milk or Water to Drink

DAY 1

RICE CAKES

DAY 2

**DRIED APRICOTS
AND DRIED RAISINS**

DAY 3

**CARROTS AND
CUCUMBER STICKS**

DAY 4

**BROWN BREAD &
BUTTER**

DAY 5

APPLE SLICES AND GRAPES

DAY 6

MIX (USE UP DAY)