



MENU PLAN

Wk: 5 Term: 3 Date: 14/8/17



BREAKFAST

A variety of cereals, including gluten free cereal are available every morning
Fresh water is available every morning

	M	T	W	T	F
BREAKFAST	Toast	Crumpets	Muesli / yoghurt	Muffins	Toast
OPTIONS	Honey, butter, jam and vegemite	Honey, butter		Honey, butter, jam and vegemite	Honey, butter, jam and vegemite
G/V D/E	GF – GF bread	GF – GF bread	G: GF bread no muesli D – soymilk	G: GF bread	G: GF bread

AFTERNOON TEA

Fresh water is available every afternoon

	M	T	W	T	F
AFTERNOON TEA	Nachos	Chocolate chip banana muffins	Anzac biscuit / fruit	Chicken pulled burgers	Ham cheese, ham cheese pineapple pin wheels
OPTIONS	Lebanese bread, minces, onion, carrot, zucchini corn, beans.	Apples, banana, oranges, mandarins, watermelon, pineapple	Apples, banana, oranges, mandarins, watermelon, pineapple	Burger buns, lettuce, tomato, mayanoise pulled chicken,	Carrot, cucumber
G/V D/E	GF – GF corn thins V – no minces /beans D – no cheese	GF / D/ E – slice	GF – Corn tortillas D – no yogurt	GF – GF burger buns D – no cheese V – beans	GF – GF pastry D no cheese V – no ham
LATE SNACK	Milk / arrowroots	Ham / cheese crackers	Popcorn	Fruit	Yogurt
G/V D/E	D – soy milk GF- Rice crackers	D – soy milk GF – GF crackers V – no ham			D – soy milk

GF: Gluten Free V: Vegetarian D: Dairy Free E: Egg Free
Menu based on information from the Australian Dietary Guidelines 2013