



MENU PLAN

Wk: 6 Term: 3 Date: 21/8/17



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 | Toast | Muffins | Raisin Toast | Muesli / yoghurt |
| OPTIONS | Honey, butter, jam and vegemite | Honey, butter, jam and vegemite | Honey, butter, jam and vegemite | Butter | |
| G/V D/E | GF – GF bread | GF – GF bread | G: GF bread | G: GF bread | G: GF bread D – soy milk |

AFTERNOON TEA

Fresh water is available every afternoon

| | M | T | W | T | F |
|-----------------------|---|---|-------------------------------------|---|---|
| AFTERNOON TEA | Jammy granola slice fruit | Honey soy chicken and rice | Pasta / napoleon sauce | Popcorn / fruit | Veggie sticks / crackers / dip |
| OPTIONS | Yoghurt / berries | Chicken, rice carrot, zucchini | Onion, carrots, zucchini, cheese | Apples, banana, oranges, mandarins, watermelon, pineapple | Carrot, cucumber, capism |
| G/V D/E | D – soy milk GF – chocolate coconut slice | V – rice / corn GF – honey soy sauce | GF – GF pasta | | GF – GF crackers |
| LATE SNACK | Ham / cheese sandwiches | Milk | Fruit | Yoghurt | Milo |
| G/V D/E | D – soy milk GF- GF bread V – cheese sandwich | D – soy milk | D – soy milk | D – soy milk | D – soy milk GF – nequick |