



MENU PLAN

Wk: 7 Term: 3 Date: 28/8/17



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	Porridge	Toast	Muffins	Crumpets
OPTIONS	Honey, butter, jam and vegemite	Honey, cinnamon, banana	Honey, butter, jam and vegemite	Butter	Honey
G/V D/E	GF – GF bread	GF – GF bread	G: GF bread	G: GF bread	G: GF bread

AFTERNOON TEA

Fresh water is available every afternoon

	M	T	W	T	F
AFTERNOON TEA	Taco cups	Antipasto platter	Chocolate coconut slice / fruit	Toasties	Corn thins / rice cakes / fruit
OPTIONS	Minces, lettuce, tomatoes, cheese, salsa	Ham, salami, cabanossi, carrots, cucumber, capism, cheese, gherkins, olives, crackers	Apples, banana, oranges, mandarins, watermelon, pineapple	Ham/cheese, ham/cheese pineapple/ spaghetti / cheese	Ham/cheese, vegemite, honey, butter, jam, tomato/ cheese
G/V D/E	D – soy milk GF – corn tortillas V – beans	V – corn GF – crackers D – soy milk	GF / E / D chocolate coconut slice	GF – GF bread V – cheese / pineapple D – ham pineapple	GF – GF corn thins D – ham/ spreads V – cheese / spreads
LATE SNACK	Pretzels, cheese, sultana's	Milk	Milo	Vegetables / fruit	Yoghurt
G/V D/E	D – soy milk GF- crackers	D – soy milk	D – soy milk GF – nequick		D – soy milk