## MENU PLAN

Wk: 1 Term: 3 Date: 18/7/17

## 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 | Muffins | Toast | Toasties |
| OPtIons |  | $\underset{\substack{\text { vegegmente }}}{\text { Honey, buter, iam and }}$ | Honey, butter, jam and vegenite | Honey, butter, viam and vegenite | Ham and cheese, spaghetti |
| $\begin{aligned} & \mathrm{GN}, \\ & \mathrm{D} / \mathrm{E} \end{aligned}$ |  | GF - GF bread | G: GF bread | G: GF bread | $\begin{aligned} & \text { G: GF bread/no } \\ & \text { spaghetti } \\ & \text { D: no cheese } \end{aligned}$ |

AFTERNOON TEA
Fresh water is available every afternoon

|  | M | T | W | T | F |
| :---: | :---: | :---: | :---: | :---: | :---: |
| AFTERNOON TEA |  | Butter chicken, beans and rice | Wraps | Sushi | Back-to-front day |
| OPTIONS |  |  | - Chicken/lettuce/mayo <br> - Ham and cheese <br> - Cheese <br> - Spreads | - Chicken teriyaki and cucumber <br> - Tuna and cucumber <br> - vegetables | Variety or cereals |
| $\begin{aligned} & \mathrm{G} / \mathrm{V} \\ & \mathrm{D} / \mathrm{E} \end{aligned}$ |  | V: Rice, sauce and beans | GF: corn wraps <br> D: no cheese <br> V: no ham or chicken |  | GF - GF cereal |
| LATE SNACK |  | Milk | Rice crackers and dip | Yoghurt | Fruit platter including sultanas |
| $\begin{aligned} & \mathrm{G} / \mathrm{V} \\ & \mathrm{D} / \mathrm{E} \end{aligned}$ |  | D: Soy Milk |  | D: Soy milk |  |

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

