



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		Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Ham and cheese, spaghetti
G/V D/E		GF – GF bread	G: GF bread	G: GF bread	G: GF bread/no spaghetti D: no cheese

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			<ul style="list-style-type: none"> • Chicken/lettuce/mayo • Ham and cheese • Cheese • Spreads 	<ul style="list-style-type: none"> • Chicken teriyaki and cucumber • Tuna and cucumber • vegetables 	Variety or cereals
G/V D/E		V: Rice, sauce and beans	GF: corn wraps D: no cheese V: no ham or chicken		GF – GF cereal
LATE SNACK		Milk	Rice crackers and dip	Yoghurt	Fruit platter including sultanas
G/V D/E		D: Soy Milk		D: Soy milk	