



# MENU PLAN

Wk: 2 Term: 3 Date: 24/7/17



## BREAKFAST

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

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>BREAKFAST</b>	<b>Toast</b>	<b>Pancakes</b>	<b>Toast</b>	<b>Raisin toast</b>	<b>Toast</b>
<b>OPTIONS</b>	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Butter	Honey, butter, jam and vegemite
<b>G/V D/E</b>	GF – GF bread	GF – GF bread	G: GF bread	G: GF bread	G: GF bread

## AFTERNOON TEA

Fresh water is available every afternoon

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>AFTERNOON TEA</b>	<b>Sloppy Joe burgers</b>	<b>Antipasto platter</b>	<b>Honey oat slice/ Fruit</b>	<b>Chicken corn soup</b>	<b>Raspberry / banana bread /fruit</b>
<b>OPTIONS</b>	Minces, cheese, carrot, zucchini and burger buns	Gherkins, carrot, capism, cucumber, ham, cabanossi, salami, cheese, crackers	Apples, banana, oranges, mandarins, watermelon, pineapple		Apples, banana, oranges, mandarins, watermelon, pineapple
<b>G/V D/E</b>	GF – GF burgers V – beans burger	GF – crackers	GF – GF muffins	V – no chicken	GF – muffins
<b>LATE SNACK</b>	<b>Fruit</b>	<b>Milk</b>	<b>Crackers, ham, cheese</b>	<b>Cheese sandwiches</b>	<b>Yoghurt</b>
<b>G/V D/E</b>		D – soy milk	GF – GF crackers D – soy milk V – no ham	GF – GF bread D – vegemite	D – soy milk

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