



MENU PLAN

Wk: 3 Term: 3 Date: 31/7/17



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	Crumpets	Toast	Raisin toast	Muffins	Toast
OPTIONS	Honey, butter	Honey, butter, jam and vegemite	Butter	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite
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	Cruskits, saos and fruit	Veggie sticks, Lebanese bread and dips	Burrito Bowls	Yoghurt, muesli and fruit	Ham and cheese pull apart and veggie sticks
OPTIONS	Spreads, ham/cheese, Honey, butter, jam and vegemite	Carrots, cucumber, capism, salsa, hommos, Lebanese bread	Mince, lettuce, tomatoes, cheese, burrito wrap	Apples, banana, oranges, mandarins, watermelon, pineapple	Carrot, cucumber, capsicum
G/V D/E	GF – GF corn thins V – no ham D – no cheese	GF – GF crackers	GF – tacos D – no cheese V – beans	D – soy milk N – crackers GF – crackers	GF – GF bread D no cheese V – no ham
LATE SNACK	Milo	Strawberry yoghurt	Milk	Popcorn	Milk
G/V D/E	D – soy milk GF – nequick	D – soy milk	GF – GF crackers D – no cheese		D – soy milk

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