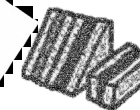




# MENU PLAN

Wk: 4 Term: 3 Date: 7/8/17



## 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>Crumpets</b>	<b>Toasties</b>	<b>Toast</b>	<b>Toast</b>
<b>OPTIONS</b>	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Spaghetti Hama and cheese	Honey, butter, jam and vegemite	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>Banana and Raspberry Bread</b>	<b>Spaghetti Bolognaise</b>	<b>Sandwiches</b>	<b>Choc coconut slice</b>	<b>Chicken and vegetable noodles</b>
<b>OPTIONS</b>			<ul style="list-style-type: none"> <li>• Ham and cheese</li> <li>• Chicken, lettuce and mayo</li> <li>• Cheese</li> <li>• Spreads</li> </ul>		
<b>G/V D/E</b>	GF/D/E: Chocolate Aribar and fruit	GF: GF pasta V: pasta sauce and pasta D: no cheese	GF: GF bread (no bbq chicken) V: cheese/spreads D: spread/chicken (no cheese)	GF/D/E: Chocolate Slice	GF: chicken and vegetable pasta V: vegetable noodles
<b>LATE SNACK</b>	<b>Crackers and hummus/salsa</b>	<b>Milk</b>	<b>Popcorn</b>	<b>Choc, banana Milkshakes</b>	<b>Yoghurt</b>
<b>G/V D/E</b>		D – soy milk		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