



# MENU PLAN

Wk: 8 Term: 3 Date: 4/9/17



## BREAKFAST

A variety of cereals, including gluten free cereal are available every morning until 8:30am  
Fresh water is available every morning

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>BREAKFAST (7:00am-8:00am)</b>	<b>Crumpets</b>	<b>English Muffins</b>	<b>Toast</b>	<b>Muesli / yoghurt</b>	<b>Toast</b>
<b>OPTIONS</b>	Honey	Honey, butter, jam and vegemite	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 N – Bread D – soy milk	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 (3:30pm)</b>	<b>Muesli / yoghurt / fruit</b>	<b>Antipasto platter</b>	<b>Wraps</b>	<b>Banana raspberry bread / fruit</b>	<b>Spaghetti bolognese</b>
<b>OPTIONS</b>	Vanilla yoghurt, Apples, banana, oranges, mandarins, watermelon, pineapple	Ham, turkey, carrots, cucumber, capsicum, cheese, gherkins, olives, tomato crackers, hummus, salsa	Chicken/mayo/lettuce Tuna/mayo/lettuce, ham/cheese/ spreads Honey, jam and vegemite	Apples, banana, oranges, mandarins, watermelon, pineapple	Pasta, minces, carrot, zucchini, onion, cheese
<b>G/V D/E</b>	D – soy milk GF –	V – vegetables GF – crackers D – soy milk	V – honey, jam, vegemite, cheese GF – Corn tortillas D – soy milk	GF/ E/ N – chocolate coconut slice	GF – GF corn thins D – ham/ spreads V – cheese / spreads
<b>LATE SNACK (4.30pm)</b>	<b>Ham/cheese/crackers</b>	<b>Popcorn</b>	<b>Strawberry yoghurt</b>	<b>Milo</b>	<b>Milk</b>
<b>G/V D/E</b>	D – soy milk GF- crackers V – cheese		D – Soy milk	D – soy milk GF – Sustagen	D – soy milk

GF: Gluten Free

V: Vegetarian

D: Dairy Free

E: Egg Free

Menu based on information from the Australian Dietary Guidelines 2013