



MENU PLAN

Wk: 1 Term: 4 Date: 9/10/17



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	English muffins	Baked beans / spaghetti toast	Crumpets	Toast
OPTIONS	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Butter	Honey, butter	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	Make you own salad	Banana / Raspberry bread / fruit	Veggie sticks/ crackers /dips	Chocolate coconut slice / fruit	Sandwiches
OPTIONS	Lettuce / tomato / cheese / chicken / Lebanese bread	Apples, banana, oranges, mandarins, watermelon, pineapple	Carrots, cucumber, capism, salsa, hommos, crackers	Apples, banana, oranges, mandarins, watermelon, pineapple	Chicken/lettuce/mayo, Honey, butter, jam and vegemite, ham/cheese
G/V D/E	GF – GF bread V – beans D – no cheese	GF / E / N – chocolate coconut slice	GF – crackers N – salsa	GF / E / N – chocolate coconut slice	GF – GF bread V - Spreads D – no cheese / no mayo
LATE SNACK	Yoghurt	Popcorn	Milk	Ham/ cheese crackers	Milo
G/V D/E	D – soy milk		D – soy milk	GF – GF crackers V – no ham D – soy milk	D – soy milk GF – nequick

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