



# MENU PLAN

Wk: 9 Term: 3 Date: 11/9/17



## 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>Toast</b>	<b>Toast</b>	<b>Crumpets</b>	<b>Toast</b>	<b>English muffins</b>
<b>OPTIONS</b>	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey	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 (3:30pm)</b>	<b>Anzac biscuits / fruit</b>	<b>Chilli con carne</b>	<b>Rice cakes/ corn thins / Fruit</b>	<b>Sloppy Joes</b>	<b>Pita bread/ veggies / ham /dip</b>
<b>OPTIONS</b>	Apples, banana, oranges, mandarins, watermelon, pineapple	Rice, minces, corn, beans, taco seasoning	ham/ cheese, Honey, butter, jam and vegemite Apples, banana, oranges, mandarins, watermelon, pineapple	Minces, taco seasoning, cheese, carrot, zucchini	Pita bread, ham, cheese, carrot, cucumber. Capsicum, hummus, salsas
<b>G/V D/E</b>	GF / E / N – chocolate coconut slice	V – beans / corn	V – honey, jam, vegemite, cheese GF – GF corn thins D – soy milk	GF- GF roll V – beans D – soy milk	GF – GF corn thins V – vegetables N – salsa only
<b>LATE SNACK (4.30pm)</b>	<b>Milo</b>	<b>Strawberry yoghurt</b>	<b>Cheese, sultana's pretzels</b>	<b>Milk</b>	<b>Custard/ peaches</b>
<b>G/V D/E</b>	D – soy milk GF – Sustagen	D – soy milk	GF – crackers 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