



MENU PLAN

Wk: 2 Term: 4 Date: 16/10/17



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	Toasties	Toast	Fruit salad / yoghurt	Toast
OPTIONS	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite		Honey, butter, jam and vegemite
G/V D/E	GF – GF bread	GF – GF bread	G: GF bread	D – soy milk	G: GF bread

AFTERNOON TEA

Fresh water is available every afternoon

	M	T	W	T	F
AFTERNOON TEA	Make your own salad	Chicken noodle soup	Yogurt/ fruit/ muesli	Antipasto platter	Anzac biscuits / fruit
OPTIONS	Chicken, lettuce, cheese, corn, tomatoes	Chicken, vegetables, noodles,	Apples, banana, oranges, mandarins, watermelon, pineapple, yoghurt, muesli	Ham, cheese, gherkins, olives, crackers, carrots, cucumber, salami.	Apples, banana, oranges, mandarins, watermelon, pineapple
G/V D/E	GF – GF chicken D – no cheese V – no chicken	GF – GF pasta V – no chicken N – beef stock	GF – GF muesli D – soy milk	GF – GF crackers V – no meat D – no cheese / soy milk	GF – chocolate coconut slice
LATE SNACK	Milo	Yoghurt	Popcorn / sultanas	Milk / arrowroots	Ham / cheese crackers
G/V D/E	D – soy milk	D – soy milk		GF – GF crackers V – no ham D – soy milk	D – soy milk GF – crackers V – no ham

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

