



MENU PLAN

Wk: 5 Term: 4 Date: 6/11/17



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	Yoghurt & Granola	Raisin toast	Toast	Crumpets
OPTIONS	Margarine, vegemite, honey, jam	Vanilla yoghurt, granola	Margarine, honey, jam, berries	Margarine, honey, jam, vegemite	Margarine, honey, jam
G/V D/E	GF: GF bread available	GF: GF muesli available	G: GF bread	GF: GF bread	GF: GF bread available

AFTERNOON TEA

Fresh water is available every afternoon

	M	T	W	T	F
AFTERNOON TEA	Antipasto platter	Sushi bowl	Pasta salad	Popcorn and fruit salad	Cheesy garlic bread and vegetable sticks
OPTIONS	Ham, salami, carrot, capsicum, cucumber, crackers, dips, olives, cheese	Chicken, tuna, sushi rice, cucumber, carrot, nori, soy sauce	Pasta, chicken, tomato, cucumber, corn	Popcorn, watermelon, pineapple, apples, orange	Cheese garlic bread, carrots, capsicum, cucumber
G/V D/E	D – no cheese/tzatziki V – no meats	V – no tuna/seaweed/chicken GF – GF soy sauce	GF – GF pasta	-	D – no cheese GF – GF bread
LATE SNACK	Milo	Fruit platter	Popcorn	Cheese and flavoured rice cakes	Yoghurt and berries
G/V D/E	D – Soy milk GF - Nesquik	-	-	D – no cheese	D - Soy milk

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