



MENU PLAN

Wk: 6 Term: 4 Date: 13/11/17



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	Mini bagels	Grilled cheese on toast	Pancakes	Yoghurt & Granola
OPTIONS	Margarine, vegemite, honey, jam	Bagels, jam, margarine, vegemite, honey	Wholemeal toast, cheese	Margarine, honey, jam	Vanilla yoghurt, granola
G/V D/E	GF: GF bread available	GF: GF bread available	G: GF bread D: spreads	GF: GF bread available	GF: GF muesli available

AFTERNOON TEA

Fresh water is available every afternoon

	M	T	W	T	F
AFTERNOON TEA	Cruskits and fruit	Make your own salad	Veggie sticks, crackers and dip	Pancakes, yoghurt and fruit	Chicken rolls
OPTIONS	Cruskits, vegemite, jam, honey, cheese, cheese and ham	Chicken, tuna, lettuce, tomato, cucumber, corn, beetroot, salad dressing	Cucumber, carrot, capsicum, crackers, hommus, salsa, tzatziki	Pancakes, vanilla yoghurt, watermelon, apple, orange, pineapple	Chicken, cheese, grated carrot, lettuce, tomato, mayonnaise
G/V D/E	D – no cheese V – no meats	V – no tuna/chicken GF – ham, no chicken	D - no tzatziki	GF & D – GF/DF pancakes	D – no cheese GF – GF bread
LATE SNACK	Milo	Milk	Peaches and yoghurt	Crackers and dip	Custard
G/V D/E	D – Soy milk GF - Nesquik	D - soy milk	D – soy milk	D – no tzatziki	D - Soy milk

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

