



MENU PLAN

Wk: 7 Term: 3 Date: 28/8/17



	M	T	W	T	F
BREAKFAST (7:00am-8:00am)	Toast	Baked beans/spaghetti on toast	Toast	Muffins	Crumpets
OPTIONS	Honey, margarine, jam and vegemite	Baked beans or spaghetti, margarine	Honey, margarine, jam and vegemite	Margarine, honey, jam	Margarine, honey, jam
G/V D/E	GF – GF bread	GF – GF bread and baked beans	GF – GF bread	G: GF bread	G: GF bread

	M	T	W	T	F
AFTERNOON TEA (3:30pm)	Veggie sticks, crackers and dip	San choy bow	Cheesy frittata and fruit	Fruit and ham/cheese rice cakes	English muffin pizzas
OPTIONS	Cucumber, carrot, capsicum, crackers, hommus, salsa, guacamole	Lettuce and san choy bow (chicken) mince	Cheese/zucchini frittata slice, apples, banana, watermelon, pineapple, oranges	Ham/cheese rice cakes, apples, banana, watermelon, pineapple, oranges	Cheese / ham & cheese / ham, cheese & pineapple
G/V D/E	D – salsa/hommus, plain crackers GF – plain crackers	GF: GF soy sauce	GF/D – gluten free/dairy free frittata E: roasted chickpeas and soy yoghurt	GF: corn thins D: ham only V: cheese only	GF – GF bread D – ham/pineapple only V – cheese/pineapple only
LATE SNACK (4.30pm)	Yoghurt	Fruit platter	Popcorn	Vegetable sticks and dip	Milk
G/V D/E	D: soy milk			D: salsa/hommus only	D: soy milk

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