



MENU PLAN

Wk: 8 Term: 4 Date: 27/11/17



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	Muffins	Toast	Crumpets	Toast
OPTIONS	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey, butter	Honey, butter, jam and vegemite
G/V D/E	GF – GF bread	GF – GF bread	G: GF bread	GF- GF bread	G: GF bread

AFTERNOON TEA

Fresh water is available every afternoon

	M	T	W	T	F
AFTERNOON TEA	Yogurt/ fruit/ muesli	Banana Bread	Sloppy Joe burgers	Sushi bowl	Crackers/ cheese/ ham/ veggies
OPTIONS	Apples, oranges, mandarins, watermelon, pineapple, yoghurt, muesli	Apples, oranges, mandarins, watermelon, pineapple, yoghurt, muesli	Burgers, taco minces, veggies	Chicken, tuna, carrot, capism, cucumber, seaweed,	Crackers, ham, cheese, carrot, cucumbers
G/V D/E	GF / N - muesli D – soy milk	GF/N/D – Weetbix slice	GF – GF burger V – no minces	GF – GF crackers V – no meat D – no cheese / soy milk	D – soy milk GF – crackers V – no ham
LATE SNACK	Popcorn	Ham/cheese corn things	Frozen fruit	Yogurt	Milk / arrowroots
G/V D/E		D – soy milk GF – corn thins V – cheese		D – soy milk	D – soy milk GF – crackers

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