



# MENU PLAN

Wk: 9 Term: 4 Date: 4/12/17



## BREAKFAST

A variety of cereals, including gluten free cereal are available every morning  
Fresh water is available every morning

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>BREAKFAST</b>	<b>Toast</b>	<b>Raisin Toast</b>	<b>Toast</b>	<b>Toast</b>	<b>Milo and Fruit</b>
<b>OPTIONS</b>	Honey, butter, jam and vegemite	Butter	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Milo / fruit salad / yoghurt
<b>G/V D/E</b>	GF – GF bread	GF – GF bread	G: GF bread	GF- GF bread	G: GF bread

## AFTERNOON TEA

Fresh water is available every afternoon

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>AFTERNOON TEA</b>	<b>Chicken noodle soup</b>	<b>Taco Cups</b>	<b>Weetbix slice / Fruit</b>	<b>Antipasto platter</b>	<b>Chocolate/ banana muffins / Fruit</b>
<b>OPTIONS</b>	Chicken, noodles, vegetables	Minces, burritos, lettuce, tomato, cheese, salsa	Apples, oranges, mandarins, watermelon, pineapple	Crackers, cheese, ham, salami, cabanossi, gherkin, olives, carrot, cucumber, capsicum.	Apples, oranges, mandarins, watermelon, pineapple
<b>G/V D/E</b>	GF – GF pasta V – veggie pasta	V – salad wrap GF – Corn tortillas	GF/N/D – Weetbix slice	GF – GF crackers V – no meat D – no cheese / soy milk	GF/N/D – Weetbix slice
<b>LATE SNACK</b>	<b>Milk</b>	<b>Strawberry yoghurt</b>	<b>Cheese / ham sandwich</b>	<b>Custard and strawberries</b>	<b>Milo</b>
<b>G/V D/E</b>	D – soy milk	D – soy milk	GF – GF bread V – cheese D- ham	D – soy milk	D – soy milk GF – Sustagen

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