



MENU PLAN

Wk: 10 Term: 4 Date: 11/12/17



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	Muffins	Muesli / yoghurt	Toast	Toast	Toast
OPTIONS	Honey, butter, jam and vegemite	Muesli / yoghurt	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite
G/V D/E	GF – GF bread	GF / N – Muesli D soy milk	G: GF bread	GF- GF bread	G: GF bread

AFTERNOON TEA

Fresh water is available every afternoon

	M	T	W	T	F
AFTERNOON TEA	Apple Crumble / yoghurt	Fairy Bread/ Fruit	Antipasto platter	Pizza subs	Muesli, Fruit/ Yoghurt
OPTIONS	Apples, oranges, watermelon, pineapple	Apples, oranges, watermelon, pineapple	Crackers, cheese, ham. Salami, cabanossi, gherkins, olives, carrot, cucumber, capsicum	Ham/cheese Ham / cheese/ pineapple Cheese	Apples, oranges, watermelon, pineapple,
G/V D/E	GF – GF apple crumble D – soy milk	GF – fairy bread	GF- GF crackers D – soy milk V – veggies	GF – GF bread V – no meat D – no cheese / soy milk	GF / N – muesli D – soy milk
LATE SNACK	Pretzels, cheese, sultana's	Ham/cheese crackers	Milk	Milo	Jelly
G/V D/E	D – soy milk	D – soy milk GF – GF crackers	D – soy milk	D – soy milk GF – Sustagen	V – custard