



MENU PLAN

Wk: 9 Term: 3 Date: 18/9/17



BREAKFAST

A variety of cereals, including gluten free cereal are available every morning until 8:30am
Fresh water is available every morning

	M	T	W	T	F
BREAKFAST (7:00am-8:00am)	Baked beans / spaghetti toast	Crumpets	English muffins	Toast	Toast
OPTIONS	Butter	Honey	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite
G/V D/E	GF – GF bread	GF – GF bread	G: GF bread	G: GF bread	G: GF bread

AFTERNOON TEA

Fresh water is available every afternoon

	M	T	W	T	F
AFTERNOON TEA (3:30pm)	Back the front day	Fairy bread / Fruit	Ham cheese pull apart	Muesli / yoghurt/ fruit	Sausage sandwich / veggies
OPTIONS	Fruity bixs, Weetabix's, rice puffs, sultana bran, cheerio's, corn flakes	Apples, banana, oranges, mandarins, watermelon, pineapple	Ham, cheese, Turkish bread	Apples, banana, oranges, mandarins, watermelon, pineapple	Sausage/ bread / tomato sauce / BBQ sauce
G/V D/E	D – soy milk GF – GF Weetbix	GF – GF bread	GF – GF bread ' V – Cheese D – ham	GF – GF muesli D – soy milk	GF – GF bread V – cheese sandwich
LATE SNACK (4.30pm)	Popcorn/ sultana's	Milk	Jelly/ fruit	Milo	Yoghurt
G/V D/E		D – soy milk	V – fruit / custard	D – soy milk GF – Sustagen	D – soy milk

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