



MENU PLAN

Wk: 1 Term: 1 Date: 30/1/18



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		Crumpets	Toast	Toast	Pancakes
OPTIONS		Honey	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite
G/V D/E		GF: GF bread	G: GF bread	GF- GF bread	G: GF bread D- soy milk E – toast / cereal

AFTERNOON TEA

Fresh water is available every afternoon

	M	T	W	T	F
AFTERNOON TEA		Popcorn and Fruit	Burrito bowl	Sandwiches	Antipasto platter
OPTIONS		Apples, oranges, watermelon, pineapple	Taco minces, beans, tomatoes, cucumber, cheese. Lebanese bread	Ham/cheese Vegemite, jam, honey, chicken lettuce mayo	Crackers, cheese, ham. Salami, cabanossi, gherkins, olives, carrot, cucumber, capsicum,
G/V D/E		\	GF- GF crackers D – soy milk V – veggies	GF – GF bread V – no meat D – no cheese / soy milk	GF- GF crackers D – soy milk V – veggies
LATE SNACK		Yoghurt	Milk	Frozen fruit / veggies	Cheese sandwiches
G/V D/E		D – soy milk	D – soy milk	D – soy milk GF – Sustagen	D – soy milk GF – GF bread