



MENU PLAN

Wk: 2 Term: 1 Date: 5/2/18



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	Muesli / Yoghurt	Toast	Crumpets	Toast	Raisin Toast
OPTIONS		Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Butter
G/V D/E	GF- GF muesli N – Toast	GF: GF bread	G: GF bread	GF- GF bread	GF - GF bread

AFTERNOON TEA

Fresh water is available every afternoon

	M	T	W	T	F
AFTERNOON TEA	Banana Bread/Fruit	Sushi bowl	San Choy Bow	Muesli / Fruit / Yoghurt	Veggie sticks / dip / Lebanese bread
OPTIONS	Apples, oranges, watermelon, pineapple	Rice, seaweed, veggies, chicken, tuna	Minces, onions, carrots lettuce cups	Apples, oranges, watermelon, pineapple, yogurt, muesli	Carrot, cucumber, capism, hommos, Lebanese bread
G/V D/E	GF- BBQ wheels	GF-GF soy sauce / Tuna	GF- GF crackers D – soy milk V – veggies	GF- GF muesli D – soy milk N- Crackers	GF- GF crackers N- salsa
LATE SNACK	Ham/cheese crackers	Milk	Yoghurt	Popcorn	Milo
G/V D/E	V- no ham D- soy milk GF – GF rice crackers	D – soy milk	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