



# MENU PLAN

Wk: 3 Term: 1 Date: 12/2/18



## 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>Toast</b>	<b>Muffins</b>	<b>Muesli / Yoghurt</b>	<b>Toast</b>
<b>OPTIONS</b>	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Muesli/yoghurt	Honey, butter, jam and vegemite
<b>G/V D/E</b>	GF- GF Toast	GF: GF bread	G: GF bread	GF- GF Muesli N- toast / yoghurt	GF - 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>Ham/cheese/veggies/ Crackers</b>	<b>Weetbix slice / fruit</b>	<b>Corn thins / fruit</b>	<b>Sloppy Joe burgers</b>	<b>Fried rice</b>
<b>OPTIONS</b>	Carrot, cucumber, ham, cheese, crackers	Apples, oranges, watermelon, pineapple	Ham/cheese, Honey, butter, jam and vegemite	Taco minces, onion, carrot, cheese, burger	Rice, Carrot, peas, corn, ham, soy sauce.
<b>G/V D/E</b>	GF GF crackers D – Soy milk V – cheese	GF/N/E – Weetbix slice	GF- GF crackers D – soy milk V – veggies	GF- GF rolls D – soy milk no cheese V – beans burgers	GF- GF soy sauce V – no ham
<b>LATE SNACK</b>	<b>Milk</b>	<b>Cheese/ham sandwiches</b>	<b>Milo</b>	<b>Frozen fruit and veggies</b>	<b>Yoghurt</b>
<b>G/V D/E</b>	D – soy milk	GF – GF bread D – spy milk	D – soy milk GF – Sustagen		D – soy milk