



MENU PLAN

Wk: 4 Term: 1 Date: 19/2/18



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	Toast	Toast	Toast	Crumpets	Toast
OPTIONS	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey, butter, jam and vegemite	Honey	Honey, butter, jam and vegemite
G/V D/E	GF- GF Toast	GF: GF bread	G: GF bread	GF- GF toast	GF - GF bread

AFTERNOON TEA

Fresh water is available every afternoon

	M	T	W	T	F
AFTERNOON TEA	Burrito cups	Antipasto platter	Wraps	Anzac biscuits / fruit	Chocolate chip / banana muffins / fruit
OPTIONS	Minces, taco seasoning, lettuce, tomatoes, cheese	Ham, salami, cabanossi, carrot, cucumber, cheese, olives, gherkins, crackers	Ham/cheese, Honey, butter, jam and vegemite, turkey and cranberry. Cheese/tomatoes	Apples, watermelon, pineapple, oranges	Apples, watermelon, pineapple, oranges
G/V D/E	GF GF taco cups D – Soy milk V – beans	GF – GF crackers D – soy milk V – no meat	GF- GF bread D – no cheese V – no meat	GF – BBQ wheels	GF- GF BBQ wheels N – BBQ wheels E – BBQ wheels
LATE SNACK	Milk	Fruit	Strawberry yoghurt	Cheese, pretzels, sultana's	Milo
G/V D/E	D – soy milk	GF – GF bread D – soy milk	D – soy milk	GF – GF crackers D – soy milk N- no sultana's	D – soy milk GF – Sustagen