

# MENU PLAN

Wk: 1 Term: 2 Date: 30/04/18

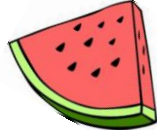


	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>BREAKFAST (7:00am-8:00am)</b>	<b>PF DAY</b>	<b>Toast</b>	<b>Fruit smoothies</b>	<b>Baked beans on toast</b>	<b>Crumpets</b>
<b>OPTIONS</b>		Honey, margarine, jam and vegemite	Banana, berries, milk, yoghurt	Baked beans, margarine	Margarine, honey, jam
<b>G/V D/E</b>		GF – GF bread	D – soy milk	GF – GF bread	G: GF bread

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>AFTERNOON TEA (3:30pm)</b>	<b>PF DAY</b>	<b>Popcorn and fruit</b>	<b>Teriyaki chicken stir fry</b>	<b>Yoghurt, fruit and muesli</b>	<b>Ham risotto</b>
<b>OPTIONS</b>		Popcorn, watermelon, pineapple, apples, orange	Rice, teriyaki chicken, vegetables (corn, carrots, peas)	Plain yoghurt, frozen berries, apples, muesli	Ham, rice, vegetable stock, frozen vegetables
<b>G/V D/E</b>		-	GF – gluten free soy sauce V – beans, no chicken	GF – GF muesli D – soy yoghurt	V – no ham
<b>LATE SNACK (4.30pm)</b>		<b>Ham &amp; Cheese sandwiches</b>	<b>Milk</b>	<b>Vegetable sticks and hommus</b>	<b>Yoghurt with peaches</b>
<b>G/V D/E</b>		D – no cheese V – no ham GF – GF bread	D – soy milk	-	D – soy milk

GF – Gluten Free	D – Dairy Free	V – Vegetarian	E – Egg Free	F – Fish and seafood free	Our recipes and meals do not contain nuts as an ingredient, however some packaged products contain traces of nuts due to manufacturing processes. In these circumstances, we always provide children with strict nut allergies a nut free alternative.
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Our menu aims to meet the recommendations of the Australian Dietary Guidelines by providing at least one serve of fruit, vegetables, wholegrains, dairy and meat/alternatives each day, limited discretionary foods each week, a variety of different coloured fruits and vegetables across the week for different micronutrients, and cater for all allergies, intolerances and dietary requirements.



# MENU PLAN

Wk: 2 Term: 2 Date: 07/05/18

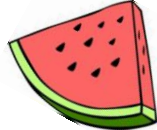


	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>BREAKFAST (7:00am-8:00am)</b>	<b>Toast</b>	<b>Yoghurt with fruit toppings</b>	<b>Toast</b>	<b>English Muffins</b>	<b>Toasties</b>
<b>OPTIONS</b>	Honey, margarine, jam and vegemite	Apple, banana, frozen berries	Honey, margarine, jam and vegemite	Honey, margarine, jam and vegemite	Ham, cheese, baked beans
<b>G/V D/E</b>	GF – GF bread	D – soy milk	GF – GF bread	GF – GF bread	G - GF bread V – no ham

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>AFTERNOON TEA (3:30pm)</b>	<b>Antipasto platter</b>	<b>Sushi bowl</b>	<b>Minestrone soup</b>	<b>Cruskits and fruit</b>	<b>Toasted pita bread, veggie sticks and dip</b>
<b>OPTIONS</b>	Cheese, ham, tomatoes, cucumber, carrots, celery, dips, olives, pickles, crackers	Rice, chicken, tuna, soy sauce, cucumber, carrot, seaweed	Pasta, tomatoes, vegetables, beans, cheese	Cruskits, cheese, ham, tomato, watermelon, apples, oranges	Pita bread, carrot, cucumber, celery, capsicum, tzatziki, hommus
<b>G/V D/E</b>	GF – GF crackers D – no tzatziki or cheese V – no ham	GF – GF soy sauce V – tofu F – no tuna	GF – GF pasta	GF – rice cakes V – no ham D – no cheese	GF – gluten free crackers D – no tzatziki
<b>LATE SNACK (4.30pm)</b>	<b>Frozen fruit</b>	<b>Milk</b>	<b>Milo</b>	<b>Vegetable sticks and dip</b>	<b>Yoghurt with berries</b>
<b>G/V D/E</b>	-	D – soy milk	GF – Sustagen D – soy milk	D – no tzatziki	D – soy yoghurt

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# MENU PLAN

Wk: 3 Term: 2 Date: 14/05/18

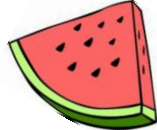


	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>BREAKFAST (7:00am-8:00am)</b>	<b>Fruit and yoghurt</b>	<b>Porridge</b>	<b>Toast</b>	<b>Pancakes</b>	<b>Crumpets</b>
<b>OPTIONS</b>	Banana, berries, yoghurt	Porridge, milk, banana, honey	Honey, margarine, jam and vegemite	Pancakes, banana, frozen berries	Margarine, honey, jam
<b>G/V D/E</b>	D – soy milk	GF – GF oats D – soy milk	GF – GF bread	GF – GF bread with toppings	GF – GF bread

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>AFTERNOON TEA (3:30pm)</b>	<b>Garlic bread and vegetable sticks</b>	<b>Healthy fried rice</b>	<b>Rice cakes and fruit</b>	<b>Burrito bowls</b>	<b>Yoghurt, fruit and muesli</b>
<b>OPTIONS</b>	Garlic bread, carrots, cucumber, celery	Rice, ham, vegetables, soy sauce	Rice cakes, cheese, ham, tomatoes, watermelon, apples, oranges	Mince, tortilla, tomatoes, cucumber, lettuce, cheese	Plain yoghurt, frozen berries, apples, muesli
<b>G/V D/E</b>	GF – GF bread D – dairy free margarine	GF – GF soy sauce V – no ham	GF – GF rice cake D – no cheese V – no ham	GF – GF wrap D – no cheese V – beans, no meat	GF – GF muesli D – soy yoghurt
<b>LATE SNACK (4.30pm)</b>	<b>Milo</b>	<b>Cheese crackers</b>	<b>Custard and berries</b>	<b>Milk</b>	<b>Ham and cheese rice cakes</b>
<b>G/V D/E</b>	GF – Sustagen D – soy milk	D – no cheese	D – soy yoghurt	D – soy milk	V – no ham D – no cheese

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# MENU PLAN

Wk: 4 Term: 2 Date: 21/05/18

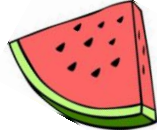


	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>BREAKFAST (7:00am-8:00am)</b>	<b>Toast</b>	<b>Baked beans on toast</b>	<b>Toast</b>	<b>Grilled cheese on toast</b>	<b>English muffins</b>
<b>OPTIONS</b>	Honey, margarine, jam and vegemite	Baked beans, margarine	Honey, margarine, jam and vegemite	Cheese, ham, wholemeal bread	Margarine, honey, jam, vegemite
<b>G/V D/E</b>	GF – GF bread	GF – GF bread	GF – GF bread	GF – GF bread D – ham, no cheese	G - GF bread

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>AFTERNOON TEA (3:30pm)</b>	<b>Sandwiches</b>	<b>Veggie sticks, crackers and dip</b>	<b>Chicken OR tuna subs</b>	<b>Popcorn and fruit</b>	<b>Chicken noodles</b>
<b>OPTIONS</b>	Chicken, lettuce, mayo Tuna, lettuce, mayo Turkey, cranberry Cheese	Cucumber, carrot, capsicum, crackers, hommus, salsa, guacamole	Wholemeal bread, chicken or tuna with corn and melted cheese	Popcorn, watermelon, apples, oranges	Chicken, noodles, vegetables, stock
<b>G/V D/E</b>	D – no cheese GF – GF bread	D – salsa/hommus, plain crackers GF – plain crackers	GF – GF bread D – no cheese V – beans, no meat	-	GF – GF noodles V – no chicken
<b>LATE SNACK (4.30pm)</b>	<b>Fruit salad cup</b>	<b>Yoghurt</b>	<b>Fruit platter</b>	<b>Flavoured rice cakes and vegetable sticks</b>	<b>Yoghurt and berries</b>
<b>G/V D/E</b>	-	D - soy milk	-	GF – GF rice cakes	D – soy milk

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# MENU PLAN

Wk: 5 Term: 2 Date: 28/05/18



	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>BREAKFAST (7:00am-8:00am)</b>	<b>Crumpets</b>	<b>Toast</b>	<b>Breakfast quesadilla</b>	<b>Toast</b>	<b>Toasties</b>
<b>OPTIONS</b>	Honey, margarine, jam and vegemite	Honey, margarine, jam and vegemite	Ham, cheese, beans, wrap	Honey, margarine, jam and vegemite	Ham, cheese, baked beans
<b>G/V D/E</b>	GF – GF bread	GF – GF bread	GF – GF bread D – no cheese	GF – GF bread	G - GF bread V – no ham

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>AFTERNOON TEA (3:30pm)</b>	<b>Vitawheats and fruit</b>	<b>Pasta Bolognese</b>	<b>Veggie sticks, crackers and dip</b>	<b>Meatballs and dipping sauce</b>	<b>Healthy Apple Crumble and yoghurt</b>
<b>OPTIONS</b>	Vitawheats, cheese, ham, tomato, watermelon, apples, oranges	Pasta, Bolognese mince, parmesan	Cucumber, carrot, capsicum, crackers, hommus, salsa, guacamole	Meatballs with tomato dipping sauce, carrots, cucumber, celery	Apple crumble, vanilla yoghurt
<b>G/V D/E</b>	GF – rice cakes D – no cheese	D – no parmesan GF – GF pasta	D – salsa/hommus, plain crackers GF – plain crackers	GF – GF meatballs D – no cheese V - falafel	GF – GF apple crumble D – soy yoghurt
<b>LATE SNACK (4.30pm)</b>	<b>Banana Milo smoothies</b>	<b>Fruit platter</b>	<b>Fruit yoghurt smoothies</b>	<b>Yoghurt and peaches</b>	<b>Veggie sticks and dip</b>
<b>G/V D/E</b>	D – soy milk	-	D - soy milk	D – soy milk	D – no tzatziki

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Ham risotto – cook rice in the rice cooker in the morning, using a diluted veggie stock instead of water. In the afternoon, re-heat in the pot with more stock, frozen veggies and ham <https://healthylunchbox.com.au/recipe/sandwich-alternatives/rainbow-risotto>

Quesadillas – ham, cheese, tinned beans in between two wraps on the sandwich press – slice in quarters and leave out for kids to help themselves  
<https://healthylunchbox.com.au/recipe/sandwich-alternatives/black-bean-quesadillas>

How to make spaghetti bolognese cheaper – use tinned lentils to replace some of the mince (counts as serve of protein food group), and keep adding extra veg to bulk it up (carrots, zucchini and mushrooms)

Meatballs - <https://kidgredients.com.au/yummy-beef-rissoles/> Make the mix in the morning then bake in the oven in the afternoon. Serve with salsa and vegetable sticks

Minestrone soup - <https://www.kidspot.com.au/kitchen/recipes/minestrone-soup-1186>

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