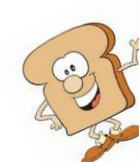




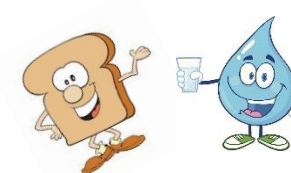
ENOSHCP MENU PLAN

TERM: 1 WEEK: 5 DATE: 26/02/18 – 2/03/18



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A variety of cereals are available every morning, including gluten free cereals and dairy free milk Fresh water is available every morning and afternoon to drink				
	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	CRUMPETS Options: Wholemeal crumpets, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	ENGLISH MUFFINS Options: Wholemeal muffins, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	GRILLED CHEESE ON TOAST Options: Wholemeal bread, light cheese, margarine <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>
AFTERNOON TEA	MAKE YOUR OWN SALAD Options: Chicken, lettuce, tomato, cucumber, grated carrot, cheese, beetroot, croutons, salad dressing <i>GF: gluten free croutons and dressing, beans/chickpeas (no chicken)</i> <i>D: no cheese</i> <i>V: beans/chickpeas (no chicken)</i>	YOGHURT, FRUIT AND MUESLI Options: Yoghurt, muesli, apple, orange, watermelon, pineapple <i>GF: gluten free muesli</i> <i>D: Soy yoghurt/milk</i>	VEGETABLE STICKS, CRACKERS AND DIP Options: Carrot, cucumber, capsicum, plain, seaweed or BBQ crackers, hommus, salsa, tzatziki dip <i>GF: plain crackers</i> <i>D: No tzatziki</i>	POPCORN AND FRUIT Options: apples, watermelon, orange, pineapple, plain popcorn	SUSHI BOWLS Options: sushi rice, seaweed, cucumber, carrot, teriyaki chicken, tuna, soy sauce <i>GF: GF soy sauce</i> <i>V: Vegetarian tender</i> <i>F: No tuna</i>
LATE SNACK	CHEESE SANDWICHES Options: wholemeal bread, cheese slices <i>GF: GF bread</i> <i>D/V: dairy free spreads</i>	RICE THINS AND VEGETABLE STICKS Options: flavoured corn thins, cucumber, carrot, capsicum <i>GF: plain GF corn thins</i>	YOGHURT AND BERRIES Options: low fat yoghurt, mixed frozen berries <i>D: soy yoghurt/milk</i>	CHEESE AND CRACKERS Options: multigrain crackers, cheese slices <i>GF: GF crackers</i> <i>D: soy milk on side</i>	FRUIT PLATTER Options: apples, oranges, watermelon, pineapple

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.
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.					



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A variety of cereals are available every morning, including gluten free cereals and dairy free milk Fresh water is available every morning to drink				
	CRUMPETS Options: Wholemeal crumpets, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>	YOGHURT AND MUESLI Options: Yoghurt, muesli, banana <i>GF: Gluten free muesli</i> <i>D: Soy yoghurt</i>	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>	RAISIN TOAST Options: Raisin toast, margarine <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>
AFTERNOON TEA	RICE THINS, CHEESE AND VEGETABLE STICKS Options: flavoured rice thins, cucumber, carrot, capsicum, cheese slices <i>GF: plain GF rice thins</i> <i>D: soy milk on side, no cheese</i>	ANTIPASTO PLATTER Options: ham, salami, plain crackers, olives, cherry tomatoes, cucumber, carrot, capsicum, hommus, salsa, tzatziki dips, cheese cubes <i>GF: GF meats</i> <i>D: no cheese</i> <i>V: Beans/chickpeas, no meats</i>	YOGHURT, FRUIT AND MUESLI Options: Yoghurt, muesli, apple, orange, watermelon, pineapple <i>GF: gluten free muesli</i> <i>D: Soy yoghurt/milk</i>	BURRITO BOWLS Options: flavoured beef mince, lettuce, tomato, cucumber, tomato salsa, wholemeal wrap, cheese <i>GF: GF wrap</i> <i>D: no cheese</i> <i>V: Vegetarian patty/falafel</i>	CHEESE SANDWICHES AND FRUIT Options: wholemeal bread, cheese, apples, oranges, watermelon, pineapple <i>GF: GF bread</i> <i>D: no cheese</i>
LATE SNACK	FRUIT SMOOTHIES Options: Mixed frozen berries, banana, milk, yoghurt <i>D: Soy milk</i>	YOGHURT <i>D: Soy yoghurt/milk</i>	CHEESE & HAM RICE THINS Options: plain rice thins with cheese slices and ham <i>D: no cheese</i> <i>V: no ham</i>	MILK <i>D: Soy milk</i>	VEGETABLE STICKS AND SALSA Options: cucumber, carrot, capsicum, salsa

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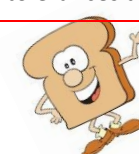
Our recipes and meals do not contain nuts as an ingredient, however some packaged products contain traces of nuts due to manufacturing processes. In these circumstances, we always provide children with strict nut allergies a nut-free alternative.

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.



ENOSHCP MENU PLAN

TERM: 1 WEEK: 7 DATE: 12/03/18 – 16/03/18



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A variety of cereals are available every morning, including gluten free cereals and dairy free milk Fresh water is available every morning to drink				
	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>	FRUIT SMOOTHIES Options: Mixed frozen berries, milk, yoghurt <i>D: Soy milk</i>	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	ENGLISH MUFFINS Options: Wholemeal muffins, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>
AFTERNOON TEA	POPCORN AND FRUIT Options: apples, watermelon, orange, pineapple, plain popcorn	TOASTED PITA BREAD, VEGETABLE STICKS AND DIP Options: pita bread, carrot, cucumber, capsicum, hommus, tzatziki, salsa <i>GF: GF bread</i> <i>D: no tzatziki</i>	CHICKEN AND SALAD WRAPS Options: wholemeal wraps, chicken, lettuce, tomato, cucumber, cheese, mayonnaise, tomato sauce <i>GF: GF wrap</i> <i>V: Vegetarian tenders</i> <i>D: no cheese</i>	VEGETABLE STICKS, CRACKERS AND DIP Options: Carrot, cucumber, capsicum, plain, seaweed or BBQ crackers, hommus, salsa, tzatziki dip <i>GF: plain crackers</i> <i>D: No tzatziki</i>	HEALTHY FRIED RICE Options: brown rice, mixed vegetables, chicken, soy sauce <i>GF: GF soy sauce</i> <i>V: Vegetarian tenders</i>
LATE SNACK	CHEESE SANDWICHES Options: wholemeal bread, cheese slices <i>GF: GF bread</i> <i>D/V: dairy free spreads</i>	YOGHURT <i>D: Soy yoghurt/milk</i>	MILK <i>D: Soy milk</i>	YOGHURT AND BERRIES Options: low fat yoghurt, mixed frozen berries <i>D: soy yoghurt/milk</i>	FRUIT PLATTER Options: apples, oranges, watermelon, pineapple

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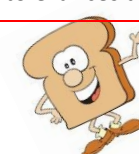
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ENOSHCP MENU PLAN

TERM: 1 WEEK: 8 DATE: 19/03/18 – 23/03/18



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A variety of cereals are available every morning, including gluten free cereals and dairy free milk Fresh water is available every morning to drink				
	CRUMPETS Options: Wholemeal crumpets, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	MUESLI AND FRUIT Options: muesli, banana, frozen mixed berries, milk and jam <i>GF: GF muesli</i> <i>D: Soy milk</i>	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>	BAKED BEANS ON TOAST Options: baked beans, wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>
AFTERNOON TEA	SANDWICHES Options: Wholemeal bread with Chicken & lettuce, tuna & cucumber or ham & cheese <i>GF: GF bread, no chicken</i> <i>D: no cheese</i> <i>V: falafel & lettuce, no meat</i> <i>F: no tuna</i>	RICE THINS, CHEESE AND VEGETABLE STICKS Options: flavoured rice thins, cucumber, carrot, capsicum, cheese slices <i>GF: plain GF rice thins</i> <i>D: soy milk on side, no cheese</i>	BRUSCHETTA AND VEGETABLE STICKS Options: Wholemeal bread, tomato and balsamic vinegar bruschetta mix, cucumber, carrot and capsicum sticks <i>GF: GF bread</i>	BEEF MINCE SAN CHOY BOW Options: beef mince, soy sauce, noodles, mixed vegetables, lettuce cup <i>GF: GF soy sauce and noodles</i> <i>V: Falafels and lettuce</i>	YOGHURT, FRUIT AND MUESLI Options: Yoghurt, muesli, apple, orange, watermelon, pineapple <i>GF: gluten free muesli</i> <i>D: Soy yoghurt/milk</i>
LATE SNACK	FRUIT PLATTER & MILK Options: apples, oranges, watermelon, pineapple, cup of milk <i>D: soy milk</i>	MILO Options: milo, milk <i>GF: Sustagen</i> <i>D: Soy milk</i>	YOGHURT AND BERRIES Options: low fat yoghurt, mixed frozen berries <i>D: soy yoghurt/milk</i>	FROZEN FRUIT Options: apples, frozen mango, frozen berries	RICE THINS AND VEGETABLE STICKS Options: flavoured rice thins, cucumber, carrot, capsicum <i>GF: plain GF rice thins</i>

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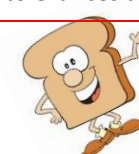
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ENOSHCP MENU PLAN

TERM: 1 WEEK: 9 DATE: 26/03/18 – 30/03/18



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A variety of cereals are available every morning, including gluten free cereals and dairy free milk Fresh water is available every morning to drink				PUBLIC HOLIDAY
	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	CRUMPETS Options: Wholemeal crumpets, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	ENGLISH MUFFINS Options: Wholemeal muffins, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	
AFTERNOON TEA	VEGETABLE STICKS, CRACKERS AND DIP Options: Carrot, cucumber, capsicum, plain, seaweed or BBQ crackers, hommus, salsa, tzatziki dip <i>GF: plain crackers</i> <i>D: No tzatziki</i>	TOASTED SANDWICHES Options: Wholemeal bread, cheese, ham, pineapple <i>GF: GF bread</i> <i>D: ham toasted sandwich</i> <i>V: no ham</i>	POPCORN AND FRUIT Options: apples, watermelon, orange, pineapple, plain popcorn	SPAGHETTI BOLOGNESE Options: Wholemeal pasta, beef mince, pasta sauce, grated carrot and zucchini, parmesan cheese <i>GF: GF pasta</i> <i>D: no cheese</i> <i>V: bean pasta sauce</i>	
LATE SNACK	FRUIT SMOOTHIES Options: Mixed frozen berries, banana, milk, yoghurt <i>D: Soy milk</i>	FRUIT PLATTER Options: apples, oranges, watermelon, pineapple	CHEESE AND CRACKERS Options: multigrain crackers, cheese slices <i>GF: GF crackers</i> <i>D: soy milk on side</i>	POPCORN Options: plain popcorn	

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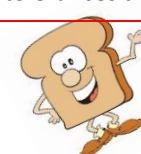
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ENOSHCP MENU PLAN

TERM: 1 WEEK: 10 DATE: 02/04/18 – 06/04/18



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	PUBLIC HOLIDAY	A variety of cereals are available every morning, including gluten free cereals and dairy free milk Fresh water is available every morning to drink			
		PORRIDGE Options: porridge cooked in water, milk, banana, honey <i>GF: gluten free muesli</i> <i>D: Soy milk</i>	PANCAKES Options: Pancakes, banana, honey, margarine <i>GF: Gluten free pikelet</i> <i>D: Dairy free spread</i> <i>E: egg free pikelet</i>	ENGLISH MUFFINS Options: Wholemeal muffins, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>
		VEGETABLE STICKS, CRACKERS AND DIP Options: Carrot, cucumber, capsicum, plain, seaweed or BBQ crackers, hommus, salsa, tzatziki dip <i>GF: plain crackers</i> <i>D: No tzatziki</i>	CHICKEN NOODLE SOUP Options: Chicken, noodles, mixed vegetables <i>GF: GF noodles and stock</i> <i>V: Beans, no chicken</i>	POPCORN AND FRUIT Options: apples, watermelon, orange, pineapple, plain popcorn	HOMEMADE PIZZAS Options: Wholemeal bread bun bases, pizza sauce, cheese, ham, pineapple <i>GF: GF bread bun base</i> <i>D: no cheese</i> <i>V: no ham</i>
AFTERNOON TEA					
LATE SNACK		YOGHURT AND BERRIES Options: low fat yoghurt, mixed frozen berries <i>D: soy yoghurt/milk</i>	MILK <i>D: Soy milk</i>	CHEESE SANDWICHES Options: wholemeal bread, cheese slices <i>GF: GF bread</i> <i>D/V: dairy free spreads</i>	FRUIT PLATTER Options: apples, oranges, watermelon, pineapple
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 to enjoy.					

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