





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







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TOAST	CRUMPETS	ENGLISH MUFFINS	GRILLED CHEESE ON TOAST	TOAST
Options: Wholemeal bread,	Options: Wholemeal crumpets,		Options: Wholemeal bread,	Options: Wholemeal bread,
• • • • • • • • • • • • • • • • • • • •		, , ,	light cheese, margarine	margarine, vegemite, honey
and jam	and jam	and jam		and jam
GF: Gluten free bread	GF: Gluten free bread	GF: Gluten free bread	GF: Gluten free bread	GF: Gluten free bread
D: Dairy free spread	D: Dairy free spread	D: Dairy free spread	D: Dairy free spreads	D: Dairy free spreads
MAKE YOUR OWN SALAD	YOGHURT, FRUIT AND MUESLI	VEGETABLE STICKS, CRACKERS	POPCORN AND FRUIT	SUSHI BOWLS
Options: Chicken, lettuce,	Options: Yoghurt, muesli,	AND DIP	Options: apples, watermelon,	Options: sushi rice, seaweed,
tomato, cucumber, grated	apple, orange, watermelon,	Options: Carrot, cucumber,	orange, pineapple, plain	cucumber, carrot, teriyaki
carrot, cheese, beetroot,	pineapple	capsicum, plain, seaweed or	popcorn	chicken, tuna, soy sauce
croutons, salad dressing				
		tzatziki dip		GF: GF soy sauce
	GE: aluten free muesli	GE: plain crackers		V: Vegetarian tender
D: no cheese				F: No tuna
V: beans/chickpeas (no chicken)	7 7 2	21112 3233111		
				FRUIT PLATTER
•		, , ,		Options: apples, oranges,
cneese slices	Options: Havoured corn thins,	trozen berries	cneese slices	watermelon, pineapple
	cucumbar carret cancicum			
GF: GF bread	cucumber, carrot, capsicum		GF: GF crackers	
	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spread MAKE YOUR OWN SALAD Options: Chicken, lettuce, tomato, cucumber, grated carrot, cheese, beetroot, croutons, salad dressing GF: gluten free croutons and dressing, beans/chickpeas (no chicken) D: no cheese	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spread MAKE YOUR OWN SALAD Options: Chicken, lettuce, tomato, cucumber, grated carrot, cheese, beetroot, croutons, salad dressing GF: gluten free croutons and dressing, beans/chickpeas (no chicken) D: no cheese V: beans/chickpeas (no chicken) CHEESE SANDWICHES Options: Wholemeal bread, CRUMPETS Options: Wholemeal crumpets, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spread YOGHURT, FRUIT AND MUESLI Options: Yoghurt, muesli, apple, orange, watermelon, pineapple GF: gluten free muesli D: Soy yoghurt/milk RICE THINS AND VEGETABLE STICKS	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spread MAKE YOUR OWN SALAD Options: Chicken, lettuce, tomato, cucumber, grated carrot, cheese, beetroot, croutons, salad dressing GF: gluten free croutons and dressing, beans/chickpeas (no chicken) D: no cheese V: beans/chickpeas (no chicken) CHEESE SANDWICHES Options: Wholemeal crumpets, margarine, vegemite, honey and jam GR: Gluten free bread D: Dairy free bread D: Dairy free spread GF: Gluten free bread D: Dairy free spread GF: Gluten free bread D: Dairy free spread Options: Yoghurt, muesli, apple, orange, watermelon, pineapple GF: gluten free croutons and dressing, beans/chickpeas (no chicken) D: no cheese V: beans/chickpeas (no chicken) CHEESE SANDWICHES Options: wholemeal bread, A variety of cereals are available every morning, including gluten ENGLISH MUFFINS Options: Wholemeal muffins, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spread D: Dairy free spread VEGETABLE STICKS, CRACKERS AND DIP Options: Carrot, cucumber, capsicum, plain, seaweed or BBQ crackers, hommus, salsa, tzatziki dip GF: gluten free muesli D: Soy yoghurt/milk CHEESE SANDWICHES Options: wholemeal bread, RICE THINS AND VEGETABLE STICKS Options: low fat yoghurt, mixed	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 GF: Gluten free bread D: Dairy free spread D: Dairy free spread Options: Wholemeal muffins, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spread D: Dairy free spread Options: Chicken, lettuce, tomato, cucumber, grated carrot, cheese, beetroot, croutons, salad dressing GF: gluten free croutons and dressing, beans/chickpeas (no chicken) D: no cheese V: beans/chickpeas (no chicken) CHEESE SANDWICHES Options: Wholemeal bread, Cheese slices Avariety of cereals are available every morning, including gluten free cereals and dairy free milk Fresh water is available every morning and afternoon to drink GRILLED CHEESE ON TOAST Options: Wholemeal bread, Dioptions: Wholemeal muffins, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spread D: Dairy free spread D: Dairy fre

GF: Gluten Free	D: Dairy Free	V: Vegetarian	E: Egg free	F: Fish and	Our recipes and meals do not contain nuts as an ingredient, however some packaged products contain
				seafood free	traces of nuts due to manufacturing processes. In these circumstances, we always provide children with strict nut allergies a nut-free alternative.
					Strict flut allergies a flut-free afternative.

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.









TERM: 1 WEEK: 6 DATE: 05/03/18 - 09/03/18

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

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





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spreads	•	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spread	•	ENGLISH MUFFINS Options: Wholemeal muffins, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spread
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 GF: GF bread D: no tzatziki	CHICKEN AND SALAD WRAPS Options: wholemeal wraps, chicken, lettuce, tomato, cucumber, cheese, mayonnaise, tomato sauce GF: GF wrap V: Vegetarian tenders D: no cheese	VEGETABLE STICKS, CRACKERS AND DIP Options: Carrot, cucumber, capsicum, plain, seaweed or BBQ crackers, hommus, salsa, tzatziki dip GF: plain crackers D: No tzatziki	HEALTHY FRIED RICE Options: brown rice, mixed vegetables, chicken, soy sauce GF: GF soy sauce V: Vegetarian tenders
LATE SNACK	CHEESE SANDWICHES Options: wholemeal bread, cheese slices GF: GF bread D/V: dairy free spreads	YOGHURT D: Soy yoghurt/milk	MILK D: Soy milk	YOGHURT AND BERRIES Options: low fat yoghurt, mixed frozen berries D: soy yoghurt/milk	FRUIT PLATTER Options: apples, oranges, watermelon, pineapple

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





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

GF:	Gluten	Fre

D: Dairy Free

V: Vegetarian

E: Egg free

F: Fish and seafood free

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



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

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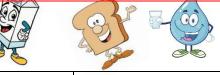
ENOSHCP MENU PLAN







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



		A.		T		
	MONDAY	TU	ESDAY	WEDNESDAY	THURSDAY	FRIDAY
			A variety of ce	ereals are available every morning, Fresh water is available	, including gluten free cereals and every morning to drink	dairy free milk
BREAKFAST	BREAKFAST		PORRIDGE Options: porridge cooked in water, milk, banana, honey GF: gluten free muesli D: Soy milk		ENGLISH MUFFINS Options: Wholemeal muffins, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spread	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spreads
AFTERNOON TEA	PUBLIC HOLIDAY	Options: Ca capsicum, p BBQ cracker tza GF: plo	STICKS, CRACKERS ND DIP arrot, cucumber, blain, seaweed or rs, hommus, salsa, atziki dip ain crackers lo tzatziki	CHICKEN NOODLE SOUP Options: Chicken, noodles, mixed vegetables GF: GF noodles and stock V: Beans, no chicken	POPCORN AND FRUIT Options: apples, watermelon, orange, pineapple, plain popcorn	HOMEMADE PIZZAS Options: Wholemeal bread bun bases, pizza sauce, cheese, ham, pineapple GF: GF bread bun base D: no cheese V: no ham
LATE SNACK	Q .	Options: low froze	f AND BERRIES fat yoghurt, mixed en berries yoghurt/milk	MILK D: Soy milk	CHEESE SANDWICHES Options: wholemeal bread, cheese slices GF: GF bread D/V: dairy free spreads	FRUIT PLATTER Options: apples, oranges, watermelon, pineapple
GF: Gluten Free	D: Dairy Free V: Vege	etarian E: Egg free	F: Fish and seafood free		nuts as an ingredient, however some ses. In these circumstances, we alway llergies a nut-free alternative to enjoy	s provide children with strict nut

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