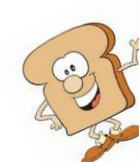




# ENOSHCP MENU PLAN

TERM: 1 WEEK: 11 DATE: 9/4/18 – 13/4/18



	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				
	<b>TOAST / BAKED BEANS</b> Options: Wholemeal bread, margarine, vegemite, honey and jam  <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	<b>TOAST</b> Options: Wholemeal bread, margarine, vegemite, honey and jam  <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	<b>CRUMPETS</b> Options: Wholemeal crumpets, margarine, vegemite, honey and jam  <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	<b>TOAST</b> Options: Wholemeal bread, margarine, vegemite, honey and jam  <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	<b>TOASTIES</b> Options: wholemeal bread, ham/cheese. Ham/cheese pineapple  <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>
AFTERNOON TEA	<b>POPCORN AND FRUIT</b> Options: apples, watermelon, orange, pineapple, plain popcorn	<b>BURRITO BOWLS</b> 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>	<b>WEETBIX SLICE / FRUIT</b> Options: apples, watermelon, orange, pineapple  <i>GF: plain crackers</i> <i>D: No tzatziki</i>	<b>ANTIPASTO PLATTER</b> Options: Ham, salami, cabanossi, cheese, gherkins, olives, cherry tomatoes, carrot, cucumber, crackers  <i>GF: plain crackers</i> <i>D – no cheese</i> <i>V- no meat</i>	<b>BACK TO FRONT DAY</b> Options: cereal, corn flakes, rice rubbles, cherrios, Weetbix. Fruity Bix and sultana bran  <i>GF: GF muesli</i> <i>D – soy milk</i>
LATE SNACK	<b>YOGHURT</b> Options: low fat yoghurt  <i>D: soy yoghurt/milk</i>	<b>MILK</b>  <i>D: soy milk</i>	<b>CHEESE/HAM AND CRACKERS</b> Options: multigrain crackers, cheese slices  <i>GF: GF crackers</i> <i>D: soy milk on side</i>	<b>FROZEN FRUIT</b> Options: apples, oranges, watermelon, pineapple	<b>VEGATABLE STICKS AND HOMMOS AND SALSA</b>  <i>N – Salsa only</i>

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.



# ENOSHCP MENU PLAN

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



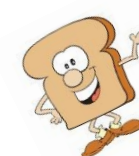
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A variety of cereals are available every morning, including gluten free cereals and dairy free milk Fresh water is available every morning to drink				
	<b>CRUMPETS</b> Options: Wholemeal crumpets, margarine, vegemite, honey and jam  <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	<b>TOAST</b> Options: Wholemeal bread, margarine, vegemite, honey and jam  <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>	<b>YOGHURT AND MUESLI</b> Options: Yoghurt, muesli, banana  <i>GF: Gluten free muesli</i> <i>D: Soy yoghurt</i>	<b>TOAST</b> Options: Wholemeal bread, margarine, vegemite, honey and jam  <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>	<b>RAISIN TOAST</b> Options: Raisin toast, margarine  <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>
AFTERNOON TEA	<b>RICE THINS, CHEESE AND VEGETABLE STICKS</b> 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>	<b>ANTIPASTO PLATTER</b> 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>	<b>YOGHURT, FRUIT AND MUESLI</b> Options: Yoghurt, muesli, apple, orange, watermelon, pineapple  <i>GF: gluten free muesli</i> <i>D: Soy yoghurt/milk</i>	<b>BURRITO BOWLS</b> 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>	<b>CHEESE SANDWICHES AND FRUIT</b> Options: wholemeal bread, cheese, apples, oranges, watermelon, pineapple  <i>GF: GF bread</i> <i>D: no cheese</i>
LATE SNACK	<b>FRUIT SMOOTHIES</b> Options: Mixed frozen berries, banana, milk, yoghurt  <i>D: Soy milk</i>	<b>YOGHURT</b> <i>D: Soy yoghurt/milk</i>	<b>CHEESE &amp; HAM RICE THINS</b> Options: plain rice thins with cheese slices and ham  <i>D: no cheese</i> <i>V: no ham</i>	<b>MILK</b> <i>D: Soy milk</i>	<b>VEGETABLE STICKS AND SALSA</b> Options: cucumber, carrot, capsicum, salsa

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# ENOSHCP MENU PLAN

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



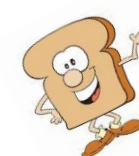
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A variety of cereals are available every morning, including gluten free cereals and dairy free milk Fresh water is available every morning to drink				
	<b>TOAST</b> Options: Wholemeal bread, margarine, vegemite, honey and jam  <i>GF: Gluten free bread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

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# ENOSHCP MENU PLAN

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



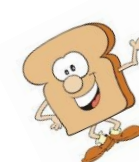
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A variety of cereals are available every morning, including gluten free cereals and dairy free milk Fresh water is available every morning to drink				
	<b>CRUMPETS</b> Options: Wholemeal crumpets, margarine, vegemite, honey and jam  <i>GF: Gluten free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

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# ENOSHCP MENU PLAN

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



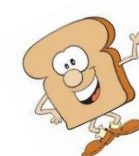
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A variety of cereals are available every morning, including gluten free cereals and dairy free milk Fresh water is available every morning to drink				PUBLIC HOLIDAY
	<b>TOAST</b> Options: Wholemeal bread, margarine, vegemite, honey and jam  <i>GF: Gluten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

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# ENOSHCP MENU PLAN

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	P U B L I C  H O L I D A Y	A variety of cereals are available every morning, including gluten free cereals and dairy free milk Fresh water is available every morning to drink			
		<b>PORRIDGE</b> Options: porridge cooked in water, milk, banana, honey  <i>GF: gluten free muesli</i> <i>D: Soy milk</i>	<b>PANCAKES</b> Options: Pancakes, banana, honey, margarine  <i>GF: Gluten free pikelet</i> <i>D: Dairy free spread</i> <i>E: egg free pikelet</i>	<b>ENGLISH MUFFINS</b> Options: Wholemeal muffins, margarine, vegemite, honey and jam  <i>GF: Gluten free bread</i> <i>D: Dairy free spread</i>	<b>TOAST</b> Options: Wholemeal bread, margarine, vegemite, honey and jam  <i>GF: Gluten free bread</i> <i>D: Dairy free spreads</i>
		<b>VEGETABLE STICKS, CRACKERS AND DIP</b> Options: Carrot, cucumber, capsicum, plain, seaweed or BBQ crackers, hommus, salsa, tzatziki dip  <i>GF: plain crackers</i> <i>D: No tzatziki</i>	<b>CHICKEN NOODLE SOUP</b> Options: Chicken, noodles, mixed vegetables  <i>GF: GF noodles and stock</i> <i>V: Beans, no chicken</i>	<b>POPCORN AND FRUIT</b> Options: apples, watermelon, orange, pineapple, plain popcorn	<b>HOMEMADE PIZZAS</b> 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>
A F T E R N O O N  T E A		<b>YOGHURT AND BERRIES</b> Options: low fat yoghurt, mixed frozen berries  <i>D: soy yoghurt/milk</i>	<b>MILK</b> <i>D: Soy milk</i>	<b>CHEESE SANDWICHES</b> Options: wholemeal bread, cheese slices  <i>GF: GF bread</i> <i>D/V: dairy free spreads</i>	<b>FRUIT PLATTER</b> Options: apples, oranges, watermelon, pineapple
L A T E  S N A C K					

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