





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







Option	ST / BAKED BEA		A var	ioty of caraals					
Option	ST / BAKED BEA		A variety of cereals are available every morning, including gluten free cereals and dair Fresh water is available every morning and afternoon to drink						
TOAST / BAKED BEANS Options: Wholemeal bread, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spread		marga <i>GI</i>	•	e, honey	CRUMPETS Options: Wholemeal crumpets, 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	TOASTIES Options: wholemeal bread, ham/cheese. Ham/cheese pineapple GF: Gluten free bread D: Dairy free spreads		
Option	: apples, waterr	nelon,	lettuce, tomato, cucumber, tomato salsa, wholemeal wrap, cheese GF: GF wrap D: no cheese		eef mince, cumber, neal wrap,	WEETBIX SLICE / FRUIT Options: apples, watermelon, orange, pineapple GF: plain crackers D: No tzatziki	ANTIPASTO PLATTER Options: Ham, salami, cabanossi, cheese, gherkins, olives, cherry tomatoes, carrot, cucumber, crackers GF: plain crackers D – no cheese V- no meat	BACK TO FRONT DAY Options: cereal, corn flakes, rice rubbles, cherrios, Weetbix. Fruity Bix and sultana bran GF: GF muesli D – soy milk	
YOGHURT MILK Options: low fat yoghurt D: soy yoghurt/milk D: soy milk		CHEESE/HAM AND CRACKERS Options: multigrain crackers, cheese slices GF: GF crackers D: soy milk on side	FROZEN FRUIT Options: apples, oranges, watermelon, pineapple	VEGATABLE STICKS AND HOMMOS AND SALSA N — Salsa only					
seafood fr					seafood fr	ee traces of nuts due to manufac	cturing processes. In these circumstand strict nut allergies a nut-free alterna	es, we always provide children with tive.	
	Options oran	And jam GF: Gluten free breed D: Dairy free spread POPCORN AND FRU Options: apples, waterrorange, pineapple,	and jam GF: Gluten free bread D: Dairy free spread POPCORN AND FRUIT Options: apples, watermelon, orange, pineapple, plain popcorn YOGHURT Options: low fat yoghurt D: soy yoghurt/milk en Free D: Dairy Free V: Vege ou aims to meet the recommendation	and jam GF: Gluten free bread D: Dairy free spread POPCORN AND FRUIT Options: apples, watermelon, orange, pineapple, plain popcorn V: Ve YOGHURT Options: low fat yoghurt D: soy yoghurt/milk en Free D: Dairy Free V: Vegetarian ou aims to meet the recommendations of the A	and jam GF: Gluten free bread D: Dairy free spread POPCORN AND FRUIT Options: apples, watermelon, orange, pineapple, plain popcorn Options: GF: Gluten free be D: Dairy free spread Options: flavoured be lettuce, tomato, cutomato salsa, wholen cheese GF: GF wrap D: no cheese V: Vegetarian patty YOGHURT Options: low fat yoghurt D: soy yoghurt/milk D: soy milk D: soy milk D: Soy milk D: Lettuce, tomato, cutomato salsa, wholen cheese V: Vegetarian patty EEEgg free D: Dairy Free V: Vegetarian E: Egg free	and jam GF: Gluten free bread D: Dairy free spread POPCORN AND FRUIT Options: apples, watermelon, orange, pineapple, plain popcorn popcorn GF: Gluten free bread D: Dairy free spread BURRITO BOWLS Options: flavoured beef mince, lettuce, tomato, cucumber, tomato salsa, wholemeal wrap, cheese GF: GF wrap D: no cheese V: Vegetarian patty/falafel MILK D: soy yoghurt/milk D: soy milk P: F: Fish an seafood free bread D: Dairy Free V: Vegetarian D: E: Egg free F: Fish an seafood free bread D: Dairy Free F: Fish an seafood free bread F: Dairy	And jam GF: Gluten free bread D: Dairy free spread D: Dairy free spread D: Dairy free spread GF: Gluten free bread D: Dairy free spread D: Dairy free spread D: Dairy free spread GF: Gluten free bread D: Dairy free spread D: Dairy free spread D: Dairy free spread D: Dairy free spread GF: Gluten free bread D: Dairy free spread D: Dairy free spread D: Dairy free spread GF: Gluten free bread D: Dairy free spread D: Dairy free spread D: Dairy free spread WEETBIX SLICE / FRUIT Options: apples, watermelon, orange, pineapple Options: apples, watermelon, orange, pineapple Options: apples, watermelon, orange, pineapple Options: orange, pineapple GF: plain crackers D: No tzatziki CHEESE/HAM AND CRACKERS Options: multigrain crackers, cheese slices D: soy yoghurt/milk D: soy milk GF: GF crackers D: soy milk on side E: Egg free F: Fish and seafood free Our recipes and meals do not traces of nuts due to manufactions of the Australian Dietary Guidelines by providing at least one serve of fruits due to manufactions of the Australian Dietary Guidelines by providing at least one serve of fruits due to manufactions of the Australian Dietary Guidelines by providing at least one serve of fruits due to manufactions of the Australian Dietary Guidelines by providing at least one serve of fruits due to manufactions of the Australian Dietary Guidelines by providing at least one serve of fruits due to manufactions of the Australian Dietary Guidelines by providing at least one serve of fruits due to manufactions of the Australian Dietary Guidelines by providing at least one serve of fruits due to manufactions of the Australian Dietary Guidelines by providing at least one serve of fruits due to manufactions of the Australian Dietary Guidelines by providing at least one serve of fruits due to manufactions of the Australian Dietary Guidelines by providing at least one serve of fruits due to manufactions of the Australian Dietary Guidelines by providing at least one serve of fruits due to manufactions of the Australian	and jam and jan and jam an	

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







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Par se second		MONDAY TUESDAY		WEDNESDAY	THURSDAY	FRIDAY					
			A variety of cereals are available	e every morning, including gluten	free cereals and dairy free milk						
		Fresh water is available every morning to drink									
	TS	CRUMPETS	TOAST	YOGHURT AND MUESLI	TOAST	RAISIN TOAST					
	×	Options: Wholemeal crumpets,	Options: Wholemeal bread,	Options: Yoghurt, muesli,	Options: Wholemeal bread,	Options: Raisin toast,					
	Ä	margarine, vegemite, honey	margarine, vegemite, honey	banana	margarine, vegemite, honey	margarine					
	BREAKFAST	and jam	and jam		and jam						
	BR	GF: Gluten free bread	GF: Gluten free bread	GF: Gluten free muesli	GF: Gluten free bread	GF: Gluten free bread					
		D: Dairy free spread	D: Dairy free spreads	D: Soy yoghurt	D: Dairy free spreads	D: Dairy free spread					
		D. Dany free spread	D. Dany free spreads	D. 30y yoghart	D. Dany free spreads	D. Burry free spread					
	1	RICE THINS, CHEESE AND	ANTIPASTO PLATTER	YOGHURT, FRUIT AND MUESLI	BURRITO BOWLS	CHEESE SANDWICHES AND					
	TEA	VEGETABLE STICKS	Options: ham, salami, plain	Options: Yoghurt, muesli,	Options: flavoured beef mince,	FRUIT					
		Options: flavoured rice thins,	crackers, olives, cherry	apple, orange, watermelon,	lettuce, tomato, cucumber,	Options: wholemeal bread,					
	ō	cucumber, carrot, capsicum,	tomatoes, cucumber, carrot,	pineapple	tomato salsa, wholemeal wrap,	cheese, apples, oranges,					
	FTERNOON	cheese slices	capsicum, hommus, salsa,		cheese	watermelon, pineapple					
	8	GF: plain GF rice thins	tzatziki dips, cheese cubes GF: GF meats		GF: GF wrap	GF: GF bread					
	世	D: soy milk on side, no cheese	D: no cheese	GF: gluten free muesli	D: no cheese	D: no cheese					
	AF	D. say IIIIIK on side, no eneese	V: Beans/chickpeas, no meats	D: Soy yoghurt/milk	V: Vegetarian patty/falafel	D. No eneese					
		EDILLE CAMO OTHER		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	. ,,,,	VEGETARIE CTICKS AND SALSA					
	×	FRUIT SMOOTHIES Options: Mixed frozen berries,	YOGHURT D: Soy yoghurt/milk	CHEESE & HAM RICE THINS Options: plain rice thins with	MILK D: Soy milk	VEGETABLE STICKS AND SALSA Options: cucumber, carrot,					
	AC	banana, milk, yoghurt	D. 30y yoghurt/Illik	cheese slices and ham	D. 30y IIIIK	capsicum, salsa					
	SNACK	banana, miik, yognurt		cheese shees and ham		capsicarri, saisa					
		D: Soy milk		D: no cheese							
	LATE	,		V: no ham							

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.







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







THE MAKE WAY IN YOUR	P. PAN, The Book of the Principle						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
			le every morning, including gluten water is available every morning t	e every morning, including gluten free cereals and dairy free milk			
BREAKFAST	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam GF: Gluten free bread D: Dairy free spreads	FRUIT SMOOTHIES Options: Mixed frozen berries, milk, yoghurt D: Soy milk	TOAST Options: Wholemeal bread, 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	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







	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									
BREAKFAST	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	Options: baked beans, wholemeal bread, margarine, vegemite, honey and jam	TOAST Options: Wholemeal bread, margarine, vegemite, honey and jam					
	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 V: falafel & lettuce, no meat	RICE THINS, CHEESE AND VEGETABLE STICKS Options: flavoured rice thins, cucumber, carrot, capsicum, cheese slices GF: plain GF rice thins	BRUSCHETTA AND VEGETABLE STICKS Options: Wholemeal bread, tomato and balsamic vinegar bruschetta mix, cucumber, carrot and capsicum sticks GF: GF bread	BEEF MINCE SAN CHOY BOW Options: beef mince, soy sauce, noodles, mixed vegetables, lettuce cup GF: GF soy sauce and noodles	YOGHURT, FRUIT AND MUESLI Options: Yoghurt, muesli, apple, orange, watermelon, pineapple GF: gluten free muesli					
₹	F: no tuna FRUIT PLATTER & MILK	D: soy milk on side, no cheese MILO	YOGHURT AND BERRIES	V: Falafels and lettuce FROZEN FRUIT	D: Soy yoghurt/milk RICE THINS AND VEGETABLE					
LATE SNACK	Options: apples, oranges, watermelon, pineapple, cup of milk D: soy milk	Options: milo, milk GF: Sustagen D: Soy milk	Options: low fat yoghurt, mixed frozen berries D: soy yoghurt/milk	Options: apples, frozen mango, frozen berries	STICKS Options: flavoured rice thins, cucumber, carrot, capsicum GF: plain GF rice thins					

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







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDA				
	A variety of co	ereals are available every morning,	including gluten free cereals and	dairy free milk					
	Fresh water is available every morning to drink								
	TOAST	CRUMPETS	ENGLISH MUFFINS	TOAST					
A	Options: Wholemeal bread,	Options: Wholemeal crumpets,	Options: Wholemeal muffins,	Options: Wholemeal bread,					
二	margarine, vegemite, honey	margarine, vegemite, honey	margarine, vegemite, honey	margarine, vegemite, honey					
¥	and jam	and jam	and jam	and jam					
BREAKFAST					>				
ш	GF: Gluten free bread	GF: Gluten free bread	GF: Gluten free bread	GF: Gluten free bread	A				
	D: Dairy free spread	D: Dairy free spread	D: Dairy free spread	D: Dairy free spread	Ď				
	VEGETABLE STICKS, CRACKERS	TOASTED SANDWICHES	POPCORN AND FRUIT	SPAGHETTI BOLOGNESE	HOLIDA				
Α	AND DIP	Options: Wholemeal bread,	Options: apples, watermelon,	Options: Wholemeal pasta,					
\vdash	Options: Carrot, cucumber,	cheese, ham, pineapple	orange, pineapple, plain	beef mince, pasta sauce, grated)				
Z	capsicum, plain, seaweed or	, , , , , ,	popcorn	carrot and zucchini, parmesan					
ŏ	BBQ crackers, hommus, salsa,			cheese	()				
AFTERNOON TEA	tzatziki dip				—				
H		GF: GF bread		GF: GF pasta	7				
L L	GF: plain crackers	D: ham toasted sandwich		D: no cheese	31				
⋖	D: No tzatziki	V: no ham		V: bean pasta sauce	PUBLIC				
~	FRUIT SMOOTHIES	FRUIT PLATTER	CHEESE AND CRACKERS	POPCORN	4				
Ö	Options: Mixed frozen berries,	Options: apples, oranges,	Options: multigrain crackers,	Options: plain popcorn					
SNACK	banana, milk, yoghurt	watermelon, pineapple	cheese slices						
	2 0 "		0.5						
LATE	D: Soy milk		GF: GF crackers						
\leq			D: soy milk on side						

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.





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







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		A variety of ce	•	, including gluten free cereals and every morning to drink	dairy free milk
BREAKFAST	DAY	PORRIDGE Options: porridge cooked in water, milk, banana, honey GF: gluten free muesli D: Soy milk	PANCAKES Options: Pancakes, banana, honey, margarine GF: Gluten free pikelet D: Dairy free spread E: egg free pikelet	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	VEGETABLE STICKS, CRACKERS AND DIP Options: Carrot, cucumber, capsicum, plain, seaweed or BBQ crackers, hommus, salsa, tzatziki dip GF: plain crackers D: No 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	۵	YOGHURT AND BERRIES Options: low fat yoghurt, mixed frozen berries D: soy yoghurt/milk	MILK <i>D: Soy milk</i>	CHEESE SANDWICHES Options: wholemeal bread, cheese slices GF: GF bread D/V: dairy free spreads	FRUIT PLATTER Options: apples, oranges, watermelon, pineapple

GF: Gluten	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 traces of
Free				seafood free	nuts due to manufacturing processes. In these circumstances, we always provide children with strict nut
					allergies a nut-free alternative to enjoy.