



MENU PLAN

Autumn Vacation Care: 30th April 2018



BREAKFAST

A variety of cereals, including gluten free cereal are available every morning
Fresh water is available every morning day time and afternoon

	Breakfast	Morning Tea	Lunch	Afternoon Tea	Late Snack
M	Pancakes with berries / yogurt E – Toast / yogurt/ berries D – soy milk GF: Gluten free bread available	Flavoured rice cakes with veggie sticks/ hommos V – no ham D – soy milk GF – GF ham/ corn thins N – Salsa Dip	Hamburgers Lettuce, cheese, tomato GF: Gluten free bread available V – farfel burger D – no cheese	Banana bread / Fruit GF/E/N- BBQ wheels	Milo GF – Sustagen D – soy milk

GF: Gluten Free V: Vegetarian D: Dairy Free E: Egg Free
Menu based on information from the Australian Dietary Guidelines 2013