



MENU PLAN

Autumn Vacation Care: 16th – 20th April 2018



	Breakfast	Morning Tea	Lunch	Afternoon Tea	Snack
M	Toast (Toast options: Wholemeal bread with Vegemite, honey, jam, margarine)	Excursion BYO	Excursion BYO	Excursion BYO	Yoghurt and berries D: soy milk
T	Yoghurt and muesli D: soy milk GF: gluten free muesli	Antipasto platter GF: gluten free crackers D: no cheese V: no meat	Make your own salad D: no cheese V: beans, no chicken	Popcorn and fruit salad	Milo D: soy milk GF: nesquik
W	Toast (Toast options: Wholemeal bread with Vegemite, honey, jam, margarine)	Excursion BYO	Excursion BYO	Excursion BYO	Vegetable sticks and dip D: no tzatziki
T	English muffins (Options: Muffins with Vegemite, honey, jam, margarine)	Vegetable sticks, crackers and dip GF: gluten free crackers D: hommus	Wraps GF: Gluten free wraps D: no cheese V: no chicken	Yoghurt, fruit and muesli D: soy milk GF: gluten free muesli	Popcorn
F	Healthy pancakes with DIY toppings (Porridge options: banana, berries, honey, coconut, yoghurt)	Choc chip cookies and vegetable sticks GF: gluten free cookies D: dairy free cookies	Make your own pizzas GF: gluten free base D: no cheese	Rice cake faces ☺ V: no ham D: no cheese	Honey joys and fruit GF: gluten free honey joys