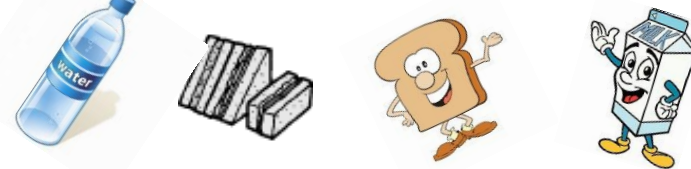




MENU PLAN

Wk: 6 Term: 2 Date: 04/06/18



	M	T	W	T	F
BREAKFAST (7:00am-8:00am)	Porridge	Toast	Yoghurt & Muesli	Raisin Toast	Grilled cheese on toast
OPTIONS	Banana, Honey, Berries	Honey, margarine, jam and vegemite	Yoghurt, muesli, banana	Raisin toast, margarine	Cheese on toast
G/V D/E	GF – GFmuesli	GF – GF bread	D – soy milk GF – GF muesli	GF – GF bread	GF – GF bread D – ham

	M	T	W	T	F
AFTERNOON TEA (3:30pm)	Yoghurt, fruit and muesli	Toasties	Chicken fried rice	Antipasto platter	Veggie sticks, crackers and dip
OPTIONS	Plain yoghurt, frozen berries, apples, muesli	Cheese, ham, pineapple	Rice, chicken, vegetables	Crackers, ham, cheese, tomatoes, cucumber, carrot, olives, pickles, dips	Cucumber, carrot, celery, crackers, hommus, salsa, guacamole
G/V D/E	GF – GF muesli D – soy yoghurt	GF – GF bread V – no ham D – no cheese	GF – gluten free soy sauce V – beans, no chicken	GF – GF crackers D – no cheese V – no ham	D – salsa/hommus, plain crackers GF – plain crackers
LATE SNACK (4.30pm)	Vegetable sticks and hommus	Yoghurt and berries	Milk	Custard and berries	Yoghurt and Peaches
G/V D/E	-	D – soy milk	D – soy milk	D – soy yoghurt	D – soy milk GF – Nesquik

GF: Gluten Free

D: Dairy Free

V: Vegetarian

E: Egg free

F: Fish and seafood free

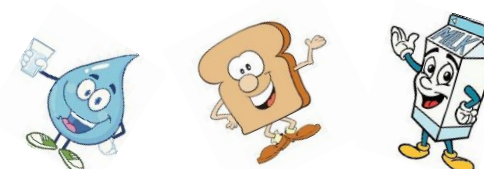
Our recipes and meals do not contain nuts as an ingredient, however some packaged products contain traces of nuts due to manufacturing processes. In these circumstances, we always provide children with strict nut allergies a nut-free alternative.

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.



MENU PLAN

Wk: 7 Term: 2 Date: 11/06/18

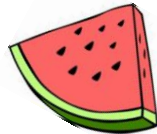


	M	T	W	T	F
BREAKFAST (7:00am-8:00am)	Toast	Toasties	Porridge	English Muffins	Toast
OPTIONS	Honey, margarine, jam and vegemite	Ham, cheese, beans	Banana, honey, berries	Honey, margarine, jam and vegemite	Honey, margarine, jam and vegemite
G/V D/E	GF – GF bread	GF – GF bread	GF – GF bread	GF – GF bread	GF – GF bread

	M	T	W	T	F
AFTERNOON TEA (3:30pm)	Cheese & Ham Sandwiches	Veggie sticks, crackers and dip	Shepherds Pie	Cheese crackers and fruit	Sushi bowl
OPTIONS	Other: jam, honey, vegemite	Cucumber, carrot, capsicum, crackers, hommus, salsa, guacamole	Beef mince, vegetables, potato & cheese topping	Crackers, cheese, ham, tomato, watermelon, apples, oranges	Rice, chicken, tuna, soy sauce, cucumber, carrot, seaweed
G/V D/E	GF – GF bread V – No ham D – No cheese	D – salsa/hommus, plain crackers GF – plain crackers	D – no cheese V – bean mix	GF – rice cakes V – no ham D – no cheese	GF – GF soy sauce V – tofu F – no tuna
LATE SNACK (4.30pm)	Carrot sticks and apple slices	Banana Milo Smoothies	Popcorn	Vegetable sticks and dip	Milk
G/V D/E	-	D - soy milk GF - Sustagen	-	D – no tzatziki	D – soy milk

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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MENU PLAN

Wk: 8 Term: 2 Date: 18/06/18



	M	T	W	T	F
BREAKFAST (7:00am-8:00am)	Fruit and yoghurt	Pancakes	Toast	Crumpets	Toast
OPTIONS	Banana, berries, yoghurt	Pancakes, banana, frozen berries	Honey, margarine, jam and vegemite	Honey, margarine, jam and vegemite	Honey, margarine, jam and vegemite
G/V D/E	D – soy milk	GF – GF bread with toppings	GF – GF bread	GF – GF bread	GF – GF bread

	M	T	W	T	F
AFTERNOON TEA (3:30pm)	DIY salad	Rice cakes and fruit	Antipasto platter	Burrito bowls	Raspberry muffins and fruit
OPTIONS	Chicken, tuna, cheese, lettuce, tomato, cucumber, beetroot, corn, croutons	Rice cakes, cheese, ham, tomatoes, watermelon, apples, oranges	Crackers, ham, cheese, tomatoes, cucumber, carrot, olives, pickles, dips	Mince, tortilla, tomatoes, cucumber, lettuce, cheese	Raspberry muffins, watermelon, apples, oranges
G/V D/E	GF – GF bread V – beans D – no cheese	GF – GF rice cake D – no cheese V – no ham	GF – GF crackers D – no cheese V – no ham	GF – GF wrap D – no cheese V – beans, no meat	GF – GF muffin
LATE SNACK (4.30pm)	Warm milo	Vegetable sticks and dip	Custard and berries	Milk	Ham and cheese rice cakes
G/V D/E	GF - Sustagen D – soy milk	D – no tzatziki	D – soy yoghurt	D – soy milk	V – no ham D – no cheese

GF: Gluten Free

D: Dairy Free

V: Vegetarian

E: Egg free

F: Fish and seafood free

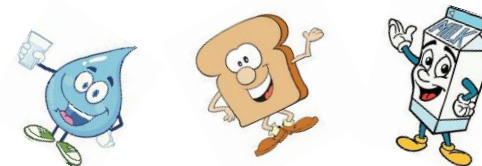
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MENU PLAN

Wk: 9 Term: 2 Date: 25/06/18



	M	T	W	T	F
BREAKFAST (7:00am-8:00am)	Toast	Baked beans on toast	Toast	Grilled cheese on toast	English muffins
OPTIONS	Honey, margarine, jam and vegemite	Baked beans, margarine	Honey, margarine, jam and vegemite	Cheese, ham, wholemeal bread	Margarine, honey, jam, vegemite
G/V D/E	GF – GF bread	GF – GF bread	GF – GF bread	GF – GF bread D – ham, no cheese	G - GF bread

	M	T	W	T	F
AFTERNOON TEA (3:30pm)	Wraps	Veggie sticks, crackers and dip	Pasta Bolognese	Cruskits and fruit	Toasted pita bread, vegetable sticks and dip
OPTIONS	Chicken, lettuce, mayo Tuna, lettuce, mayo Turkey, cranberry Cheese	Cucumber, carrot, capsicum, crackers, hommus, salsa, guacamole	Pasta, Bolognese mince, parmesan	Cruskits, honey, jam, vegemite, cheese, tomato, apples, oranges, watermelon	Pita bread, carrots, cucumber, celery, salsa, hommus, tzatziki
G/V D/E	D – no cheese GF – GF bread	D – salsa/hommus, plain crackers GF – plain crackers	D – no parmesan GF – GF pasta	GF – GF crackers	GF – GF crackers D – no tzatziki
LATE SNACK (4.30pm)	Fruit salad cup	Yoghurt	Fruit platter	Yoghurt and peaches	Cheese sandwiches
G/V D/E	-	D - soy milk	-	D - soy milk	D – ham GF – GF bread

GF: Gluten Free

D: Dairy Free

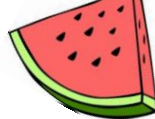
V: Vegetarian

E: Egg free

F: Fish and
seafood free

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MENU PLAN

Wk: 10 Term: 2 Date: 02/07/18



	M	T	W	T	F
BREAKFAST (7:00am-8:00am)	Toast	Toasties	Breakfast quesadilla	Toast	Baked beans on toast
OPTIONS	Honey, margarine, jam and vegemite	Ham, cheese, baked beans	Ham, cheese, beans, wrap	Honey, margarine, jam and vegemite	Toast, baked beans
G/V D/E	GF – GF bread	GF – GF bread	GF – GF bread D – no cheese	GF – GF bread	G - GF bread

	M	T	W	T	F
AFTERNOON TEA (3:30pm)	Veggie sticks, crackers and dip	Yoghurt, Fruit & Muesli	Chicken noodle soup	Popcorn and fruit	Pizza Scrolls
OPTIONS	Cucumber, carrot, capsicum, crackers, hommus, salsa, guacamole	Plain yoghurt, muesli, apple, oranges, watermelon	Chicken, noodles, vegetables	Popcorn, apples, oranges, watermelon	Ham, Cheese, Pineapple, Pizza sauce
G/V D/E	D – salsa/hommus, plain crackers GF – plain crackers	D – soy milk GF – GF muesli	V - beans	-	GF – GF scroll D – no cheese V - Beans
LATE SNACK (4.30pm)	Ham & Cheese Rice Cakes	Vegetable sticks and dip	Fruit yoghurt smoothies	Milo	Fruit platter
G/V D/E	V – no ham D – no cheese	D – no tzatziki	D - soy milk	D – soy milk GF - Sustagen	-

GF: Gluten Free

D: Dairy Free

V: Vegetarian

E: Egg free

F: Fish and seafood free

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