# [Filename: j0079160.wmf Keywords: dining, food, meals ... File Size: 35 KB](javascript:void(0))Water clip art 28 300x300 Healthy And Fresh Collection Of Water Clip Art [Filename: FD00028_.wmf Keywords: bread slices, breakfasts, butter ... File Size: 23 KB](javascript:void(0))http://images.clipartpanda.com/fruits-and-vegetables-clipart-clipart-images_1404139784.jpg**MENU PLAN**

## Wk: 2 Term: 3 Date: 30/7/18

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **M** | | **T** | **W** | **T** | **F** |
| **BREAKFAST**  **(7:00am-8:00am)** | **Toast** | | **Yoghurt with fruit toppings** | **Toast** | **English Muffins** | **Toasties** |
| **OPTIONS** | Honey, margarine, jam and vegemite | | Apple, banana, frozen berries | Honey, margarine, jam and vegemite | Honey, margarine, jam and vegemite | Ham, cheese, baked beans |
| **G/V**  **D/E** | GF – GF bread | | D – soy milk | GF – GF bread | GF – GF bread | G - GF bread  V – no ham |
|  | |
|  | **M** | | **T** | **W** | **T** | **F** |
| **AFTERNOON TEA**  **(3:30pm)** | **Antipasto platter** | | **Sushi bowl** | **Minestrone soup** | **Cruskits and fruit** | **Toasted pita bread, veggie sticks and dip** |
| **OPTIONS** | Cheese, ham, tomatoes, cucumber, carrots, celery, dips, olives, pickles, crackers | | Rice, chicken, tuna, soy sauce, cucumber, carrot, seaweed | Pasta, tomatoes, vegetables, beans, cheese | Cruskits, cheese, ham, tomato, watermelon, apples, oranges | Pita bread, carrot, cucumber, celery, capsicum, tzatziki, hommus |
| **G/V**  **D/E** | GF – GF crackers  D – no tzatziki or cheese  V – no ham | | GF – GF soy sauce  V – tofu  F – no tuna | GF – GF pasta | GF – rice cakes  V – no ham  D – no cheese | GF – gluten free crackers  D – no tzatziki |
| **LATE SNACK**  **(4.30pm)** | **Frozen fruit** | | **Milk** | **Milo** | **Vegetable sticks and dip** | **Yoghurt with berries** |
| **G/V**  **D/E** | - | | D – soy milk | GF – Sustagen  D – soy milk | D – no tzatziki | D – soy yoghurt |

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## Wk: 3 Term: 3 Date: 6/8/18

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **M** | | **T** | **W** | **T** | **F** |
| **BREAKFAST**  **(7:00am-8:00am)** | **Fruit and yoghurt** | | **Porridge** | **Toast** | **Pancakes** | **Crumpets** |
| **OPTIONS** | Banana, berries, yoghurt | | Porridge, milk, banana, honey | Honey, margarine, jam and vegemite | Pancakes, banana, frozen berries | Margarine, honey, jam |
| **G/V**  **D/E** | D – soy milk | | GF – GF oats  D – soy milk | GF – GF bread | GF – GF bread with toppings | GF – GF bread |
|  | |
|  | **M** | | **T** | **W** | **T** | **F** |
| **AFTERNOON TEA**  **(3:30pm)** | **Garlic bread and vegetable sticks** | | **Healthy fried rice** | **Rice cakes and fruit** | **Burrito bowls** | **Yoghurt, fruit and muesli** |
| **OPTIONS** | Garlic bread, carrots, cucumber, celery | | Rice, ham, vegetables, soy sauce | Rice cakes, cheese, ham, tomatoes, watermelon, apples, oranges | Mince, tortilla, tomatoes, cucumber, lettuce, cheese | Plain yoghurt, frozen berries, apples, muesli |
| **G/V**  **D/E** | GF – GF bread  D – dairy free margarine | | GF – GF soy sauce  V – no ham | GF – GF rice cake  D – no cheese  V – no ham | GF – GF wrap  D – no cheese  V – beans, no meat | GF – GF muesli  D – soy yoghurt |
| **LATE SNACK**  **(4.30pm)** | **Milo** | | **Cheese crackers** | **Custard and berries** | **Milk** | **Ham and cheese rice cakes** |
| **G/V**  **D/E** | GF – Sustagen  D – soy milk | | D – no cheese | D – soy yoghurt | D – soy milk | V – no ham  D – no cheese |

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## Wk: 4 Term: 3 Date: 13/8/18

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| --- | --- | --- | --- | --- | --- | --- |
|  | **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)** | **Sandwiches** | | **Veggie sticks, crackers and dip** | **Chicken OR tuna subs** | **Popcorn and fruit** | **Chicken noodles** |
| **OPTIONS** | Chicken, lettuce, mayo  Tuna, lettuce, mayo  Turkey, cranberry  Cheese | | Cucumber, carrot, capsicum, crackers, hommus, salsa, guacamole | Wholemeal bread, chicken or tuna with corn and melted cheese | Popcorn, watermelon, apples, oranges | Chicken, noodles, vegetables, stock |
| **G/V**  **D/E** | D – no cheese  GF – GF bread | | D – salsa/hommus, plain crackers  GF – plain crackers | GF – GF bread  D – no cheese  V – beans, no meat | - | GF – GF noodles  V – no chicken |
| **LATE SNACK**  **(4.30pm)** | **Fruit salad cup** | | **Yoghurt** | **Fruit platter** | **Flavoured rice cakes and vegetable sticks** | **Yoghurt and berries** |
| **G/V**  **D/E** | - | | D - soy milk | - | GF – GF rice cakes | D – soy milk |

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## Wk: 5 Term: 3 Date: 20/8/18

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| --- | --- | --- | --- | --- | --- | --- |
|  | **M** | | **T** | **W** | **T** | **F** |
| **BREAKFAST**  **(7:00am-8:00am)** | **Crumpets** | | **Toast** | **Breakfast quesadilla** | **Toast** | **Toasties** |
| **OPTIONS** | Honey, margarine, jam and vegemite | | Honey, margarine, jam and vegemite | Ham, cheese, beans, wrap | Honey, margarine, jam and vegemite | Ham, cheese, baked beans |
| **G/V**  **D/E** | GF – GF bread | | GF – GF bread | GF – GF bread  D – no cheese | GF – GF bread | G - GF bread  V – no ham |
|  | |
|  | **M** | | **T** | **W** | **T** | **F** |
| **AFTERNOON TEA**  **(3:30pm)** | **Vitawheats and fruit** | | **Pasta Bolognese** | **Veggie sticks, crackers and dip** | **Meatballs and dipping sauce** | **Healthy Apple Crumble and yoghurt** |
| **OPTIONS** | Vitawheats, cheese, ham, tomato, watermelon, apples, oranges | | Pasta, Bolognese mince, parmesan | Cucumber, carrot, capsicum, crackers, hommus, salsa, guacamole | Meatballs with tomato dipping sauce, carrots, cucumber, celery | Apple crumble, vanilla yoghurt |
| **G/V**  **D/E** | GF – rice cakes  D – no cheese | | D – no parmesan  GF – GF pasta | D – salsa/hommus, plain crackers  GF – plain crackers | GF – GF meatballs  D – no cheese  V - falafel | GF – GF apple crumble  D – soy yoghurt |
| **LATE SNACK**  **(4.30pm)** | **Milk** | | **Fruit platter** | **Fruit yoghurt smoothies** | **Yoghurt and peaches** | **Veggie sticks and dip** |
| **G/V**  **D/E** | D – soy milk | | - | D - soy milk | D – soy milk | D – no tzatziki |

Ham risotto – cook rice in the rice cooker in the morning, using a diluted veggie stock instead of water. In the afternoon, re-heat in the pot with more stock, frozen veggies and ham <https://healthylunchbox.com.au/recipe/sandwich-alternatives/rainbow-risotto>

Quesadillas – ham, cheese, tinned beans in between two wraps on the sandwich press – slice in quarters and leave out for kids to help themselves

<https://healthylunchbox.com.au/recipe/sandwich-alternatives/black-bean-quesadillas>

How to make spaghetti bolognese cheaper – use tinned lentils to replace some of the mince (counts as serve of protein food group), and keep adding extra veg to bulk it up (carrots, zucchini and mushrooms)

Meatballs - <https://kidgredients.com.au/yummy-beef-rissoles/> Make the mix in the morning then bake in the oven in the afternoon. Serve with salsa and vegetable sticks

Minestrone soup - <https://www.kidspot.com.au/kitchen/recipes/minestrone-soup-1186>