



MENU PLAN

WK: 3 TERM: 1 DATE: 10/2/2020

BREAKFAST - A variety of cereals, including gluten free cereal are available every morning

Fresh water is available all day

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Toast	English Muffins	Toast	Raisin Toast	Bagels
options	Vegemite , jam, honey, butter	Vegemite , jam,honey, butter	Vegemite , jam, honey, butter	Butter	Vegemite , jam, honey, butter
G/V/D/N	G/D/E/N- Bread D/S-Nuttelex	G/D/E/N- Bread D/S-Nuttelex	G/D/E/N- Bread D/S-Nuttelex	G/D/E/N-Bread D/S-Nuttelex	G/D/E/N- Bread D/S- Nuttalex
AFTERNOON TEA	Filo puff pastry veggies	Chocolate Zucchini muffins/ fruit	Rice Cakes / veggies	Chicken noodle soup	Muesli/ yoghurt/fruit
Options	Spinach, ricotta, ham, and puff pastry	Chocolate Zucchini muffins, watermelon, apples, pears, oranges, pineapple	Flavoured rice cakes veggies, carrots, cucumber and caspism	Chicken, noodles, chicken stock, veggies	yoghurt/muesli/ watermelon, apples, pears, oranges, pineapple
G/V/D/N	V - spinach / ricotta D-Bio Cheese	GF/D/S/E - BBQ wheels	G/D/S- Salt and Vinegar	GF/E Pasta V -Beef stock	GF/N - BBQ wheels/ chickpeas D - Soy milk /S - Rice milk
LATE SNACK	Milk	Turkey/cheese sandwich	Welcome BBQ	Strawberry yoghurt	Soybeans
G/V/D/N	D-Soy milk S-Rice milk	GF/N - Salsa GF/D/S- Plain crackers	GF - Sausages GF/S/E/D - Bread V - Vegetarian sausages Cake - BBQ wheels	D-Soy milk t / frozen strawberries S-Rice Milk / strawberries	S - Veggies
SMASH COOKING					
G/V/D/N					

GF: Gluten Free V: Vegetarian S:Soy Free D: Dairy Free N: Nut Free E: Egg Free

Menu based on information from the Australian Dietary Guidelines 2013

GF: Gluten Free V: Vegetarian S: Soy Free D: Dairy Free N: Nut Free E: Egg Free

Menu based on information from the Australian Dietary Guidelines 2013