



MENU PLAN

WK: 4 TERM: 1 DATE:17/2/2020

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	Grilled Cheese	Toast	Strawberry Smoothies	Bagels	Yoghurt and Berries
options	Bread, cheese	Wholemeal bread, margarine, vegemite, honey, jam	Frozen Strawberries, strawberry yoghurt, milk	Bagels, margarine, vegemite, honey, jam	Yoghurt, frozen berries
G/V/D/N	G/D/E/N- bread, bio cheese	G/D/E/N- GF bread	D- Soy milk, soy yoghurt	G/D/E/N- GF bread	G/D/E/N- bread
AFTERNOON TEA	Mediterranean Platter	Chocolate Banana Brownies and Fruit	Fried Rice	Crunchy Asian Salad with Chicken	Cheese and Vegemite Snails with Veggie Fingers
options	Lebanese bread, feta, chicken, falafel, tomatoes, cucumber, capsicum, gherkins, olives, humus, tzatziki	Chocolate Banana Brownies, watermelon, apples, pears, oranges, pineapple	Rice, cabanossi, peas, corn, carrot, GF soy sauce	Iceberg lettuce, crunchy noodles, sultanas, chicken, salad dressing	Puff pastry, vegemite, shredded cheese, cucumber, capsicum, carrot, snow peas
G/V/D/N	G/D- Plain crackers, bio cheese	GF/D/S/E - BBQ wheels	V- Tofu	V- Falafels	G/D/E/N-GF bread, bio cheese
LATE SNACK	Fruit Cups	Milk	DIY Greek Salad	Frozen Fruit Bites	Pretzel, Cheese, Sultanas
G/V/D/N		D- Soy milk	D- Bio cheese	D- Soy milk, soy yoghurt	D- Bio cheese N- Apple
SMASH COOKING					
G/V/D/N					

GF: Gluten Free

V: Vegetarian

D: Dairy Free

N: Nut Free

E: Egg Free

S: Shellfish

Menu based on information from the Australian Dietary Guidelines 2013

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