



# MENU PLAN

WK:9 TERM:1 DATE:23/03/2020

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

Fresh water is available all day

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>Toast</b>	<b>Raisin Toast</b>	<b>Bagels</b>	<b>Toast</b>	<b>Muffins</b>
<b>options</b>	Wholemeal bread, margarine, vegemite, honey, jam	Raisin toast, margarine, honey	Bagels, margarine, vegemite, honey, jam	Wholemeal bread, margarine, vegemite, honey, jam	English muffins, margarine, vegemite, honey, jam
<b>G/V/D/N</b>	<b>G/D/E/N- Bread</b>	<b>G/D/E/N- Bread</b>	<b>G/D/E/N- Bread</b>	<b>G/D/E/N- Bread</b>	<b>G/D/E/N- Bread</b>
<b>AFTERNOON TEA</b>	<b>Popcorn and Fruit</b>	<b>Chocolate Zucchini Muffins and Veggie Sticks</b>	<b>Cheesy Vegemite Scrolls and Fruit</b>	<b>Wraps</b>	<b>Crunchy Noodle Salad with Chicken</b>
<b>options</b>	Popcorn, apple, watermelon, pineapple, oranges	Chocolate zucchini muffin, carrot, cucumber, snowpeas, cherry tomatoes	Puff pastry, vegemite, cheese, apples, watermelon, pineapple, oranges	Spreads, cheese, ham, tortilla wraps	Lettuce, noodles, salad dressing, carrot, cucumber, tomato, chicken
<b>G/V/D/N</b>		<b>G/D/E/N- Rice wheels and veggie sticks</b>	<b>G- GF pastry D- Bio cheese</b>	<b>G/D- Bread V- Falafel D- Bio cheese</b>	<b>V- Falafel</b>
<b>LATE SNACK</b>	<b>Veggie Sticks and Onion Dip</b>	<b>Dried Fruit Platter</b>	<b>Yoghurt and Berries</b>	<b>Pretzels, Cheese, Sultanas</b>	<b>Dried Fruit Platter</b>
<b>G/V/D/N</b>	<b>D- Salsa</b>	<b>N- Apples</b>	<b>D- Rice/ Soy milk and berries</b>	<b>N- Apples G- Rice wheels D- Bio cheese</b>	<b>N- Apples</b>
<b>SMASH COOKING</b>					
<b>G/V/D/N</b>					

**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