



# MENU PLAN

WK:10 TERM:1 DATE:30/03/2020

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>Yoghurt and Berries</b>	<b>Muffins</b>	<b>Toast</b>	<b>Pancakes</b>
<b>options</b>	Wholemeal bread, margarine, vegemite, honey, jam	Yoghurt, frozen berries	English Muffins, margarine, vegemite, honey, jam	Wholemeal bread, margarine, vegemite, honey, jam	Pancakes, margarine, golden syrup, frozen berries
<b>G/V/D/N</b>	<b>G/D/E/N- Bread</b>	<b>D- Soy Milk</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>Crackers, Ham, Cheese and Fruit</b>	<b>Burritos</b>	<b>Pizza</b>	<b>Crunchy Noodle Salad with Chicken</b>	<b>Popcorn and Fruit</b>
<b>options</b>	Crackers, ham, cheese, apples, oranges, pears, watermelon	Tortilla wraps, mince, taco seasoning, lettuce, tomato, cheese, salsa	Turkish bread, pizza sauce, ham, cheese, pineapple	Lettuce, crunchy noodles, salad dressing, tomato, cucumber, chicken, carrot	Popcorn, apples, oranges, pears, watermelon
<b>G/V/D/N</b>	<b>D- Bio cheese, plain crackers V- Falafel</b>	<b>G/D- Bread, bio cheese V- Vegan Mince</b>	<b>G/D/E/N- Bread D- Bio cheese V- cheese</b>	<b>V- Falafel</b>	
<b>LATE SNACK</b>	<b>Veggie Sticks and Onion Dip</b>	<b>Banana Chips and Milk</b>	<b>Pretzels, Cheese, Sultanas</b>	<b>Dried Fruit Platter</b>	<b>Edamame</b>
<b>G/V/D/N</b>	<b>D- Salsa</b>	<b>G/N- Rice wheels D- Rice/ Soy Milk</b>	<b>D- Bio cheese N- Apples</b>	<b>N- Apples</b>	<b>S- 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