



# MENU PLAN

WK: 1 TERM: 2 DATE: 27/4/2020

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>	PFD	PFD	Corn Fritters	Fruit and Yoghurt	Toasties
<b>options</b>			Corn fritters, BBQ sauce, Tomato sauce	Apples, orange, pear, yoghurt	Ham/Cheese Cheese
<b>G/V/D/N</b>			G/D/E/N- Bread	D-Soy Milk D/S - Rice Milk	G/D/E/N- Bread D-Bio Cheese V-Cheese
<b>AFTERNOON TEA</b>			Soy Crisps and Fruit	Spaghetti Bolognese	Garlic Bread and veggie sticks
<b>options</b>			Soy crisps, apple, oranges, pear, watermelon, pineapple	Mince, pasta, carrot, zucchini,, tinned tomatoes, pasata, parmesan	Turkish bread, cloves garlic, cheese
<b>G/V/D/N</b>			G/D/E/N- Rice wheels S- Cruskits	V- Vegan mince D- Bio cheese	G/N/D/E- bread D- Bio cheese
<b>LATE SNACK</b>			Milo	Frozen Fruit Bites	Mango and Strawberry Smoothies
<b>G/V/D/N</b>			D/S- Rice milk G- Organic drinking chocolate	D- Soy milk, soy yoghurt	D- Soy Milk S- Rice Milk
<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