



# MENU PLAN

WK: 5 TERM: 2 DATE: 25/5/2020

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/Berries</b>	<b>Muffins</b>	<b>Ham /cheese toasties</b>	<b>Toast</b>
<b>options</b>	Vegemite , jam, honey, butter	Yoghurt/ berries	Butter, jam, honey, vegemite	ham/cheese	Butter, jam, honey, vegemite
<b>G/V/D/N</b>	G/D/E/N- Bread D/S-Nuttelelex	D-Soy Milk S-Rice milk	G/D/E/N- Bread D/S Nuttelelex	GF - GF Bread D/S - nuttelelex V-cheese	G/D/E/N- Bread D/S Nuttelelex
<b>AFTERNOON TEA</b>	<b>Fried Rice</b>	<b>Crunchy Noodle Salad / Chicken</b>	<b>Sandwiches</b>	<b>Back to Front Day</b>	<b>Popcorn and veggies</b>
<b>Options</b>	Rice, Ham, carrots, peas, corn, GF soy sauce	Crunchy noodles, lettuce, asian noodle salad dressing / Chicken	Wholemeal bread, ham/cheese, Vegemite , jam, honey, chicken/lettuce/mayo	Nutrigrain, fruity bixs, rice bubbles, corn flakes, cheerios.	Popcorn, veggies, carrots, cucumber and caspism
<b>G/V/D/N</b>	GF - Soy Sauce V-Tofu	GF - No crunchy noodles	G/D/E/N/D- Bread D- Bio Cheese V- cheese	GF-GF weetbix D-Soy milk S- Rice Milk	G/N/D/E- bread D- Bio cheese
<b>LATE SNACK</b>	<b>Yoghurt</b>	<b>Crackers, hummus/ salsa</b>	<b>Milo</b>	<b>Fruit cups</b>	<b>Cheese, pretzels, sultanas</b>
<b>G/V/D/N</b>	D-Soy Milk S - Rice milk	GF/N - Salsa GF/D/S- Plain crackers	D- Soy milk GF/D - Organic drinking chocolate S- Rice milk / drinking chocolate		GF - Plain crackers N-apples
<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

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