



MENU PLAN



WK: 6 TERM: 2 DATE: 01/06/2020

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	Toast	Toast	Yorkshire Pudding	Muffins	Fruit platter
options	Butter, jam, honey, vegemite	Butter, jam, honey, vegemite	Yorkshire, BBQ sauce, Tomato sauce	Butter, jam, honey, vegemite	Watermelon, apples, pears, oranges
G/V/D/N	GF - GF Bread S/D - nuttelex	GF - GF Bread D - nuttelex	G/D/E/N- Bread	GF - GF Bread D - nuttelex	
AFTERNOON TEA	Chicken noodle soup	Wraps	Banana Bread and Fruit	Butter chicken	Ham and cheese pinwheels and veggie sticks
options	Chicken breast, noodles, chicken shock, veggies	Ham/Cheese/vegemite, jam, honey, chicken/lettuce/mayo	Banana Bread,, apple, oranges, pear, watermelon, pineapple	Chicken, butter chicken sauce, green beans, rice	Pastry, ham, cheese, pineapple, tomato paste
G/V/D/N	GF/S-GF Pasta V-without chicken/vegetable stock	GF-GF Bread V-cheese, spreads N-no mayo	G/D/E/N- Rice wheels S- Cruskits	V- Vegan mince/Rice N-soy sauce flavoured chicken	G/N/D/E- Bread toastie B-Bio cheese V-cheese
LATE SNACK	Milk	cheese/pretzels/ sultanas	Crackers/ hummus/Salsa	Mango magic smoothies	Strawberry yoghurt
G/V/D/N	D - soy milk	GF Rice crackers N-no sultanas D-soy milk S-Rice milk	GF-Crackers N-Salsa	D- Soy milk	D- Soy Milk
SMASH COOKING					
G/V/D/N					

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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