



MENU PLAN

WK: 8 TERM: 2 DATE: 15/06/2020

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	Potato Gems	English Muffins	Toast	Yoghurt and Berries	Ham & Cheese Quesadilla
options	Potato gems, tomato sauce, BBQ sauce	Wholemeal bread, margarine, vegemite, honey, jam	Butter, jam, honey, vegemite	Yoghurt, frozen berries	Ham, cheese, wraps
G/V/D/N		GF - GF Bread S/D - nuttalex	GF - GF Bread S/D - nuttalex	D- Soy milk	GF - GF Wraps D-Bio Cheese V-Cheese
AFTERNOON TEA	Spaghetti Carbonara	Cheese/vegemite & spinach/ricotta snails with Veggie Fingers	Back to Front Day	Chicken Noodle Soup	Popcorn and Fruit
options	Spaghetti, carbonara sauce, bacon, carrot, zucchini	Puff pastry, vegemite, shredded cheese, spinach, ricotta cucumber, capcium, carrot	Nutrigrain, fruity bixs, rice bubbles, corn flakes, cheerios.	Chicken breast, instant noodles, chicken stock, corn, peas, carrots	Popcorn, apple, pear, orange, watermelon
G/V/D/N	GF/S-GF Pasta V - no bacon D - no sauce	G/E/N- GF bread D - bio cheese	GF-GF weetbix D-Soy milk S- Rice Milk	GF/S-GF Pasta V-without chicken/vegetable stock	
LATE SNACK	Edamame	Custard and Berries	Fruit Cups	Dried Fruit	Pretzel, Cheese, Sultanas
G/V/D/N	S- Apple	D/ V- Soy/ Rice milk		N/G- Apple	N- Apple D- Bio cheese
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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