



# MENU PLAN

WK: 9 TERM: 2 DATE:22/06/2020

BREAKFAST - A variety of cereals, including gluten free cereal are available every morning

Fresh water is available all day

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>Fruit Salad</b>	<b>Blueberry muffins</b>	<b>Porridge</b>	<b>Bagels</b>	<b>Ham and Cheese toasted muffins</b>
<b>options</b>	Wholemeal bread, margarine, vegemite, honey, jam	margarine	Honey, banana, cinamon	bagels, margarine, vegemite, honey, jam	English muffins, ham/cheese & Cheese
<b>G/V/D/N</b>	GF - GF Bread S/D - nuttelex	GF - GF Bread S/D - nuttelex	GF - GF Bread S/D - nuttelex	GF-Bread S/D Nuttelex	D-Bio Cheese
<b>AFTERNOON TEA</b>	<b>Burrito bowls</b>	<b>Flavored rice cakes, ham/cheese veggies sticks</b>	<b>Vanilla cupcakes and Fruit</b>	<b>Homemade pizza</b>	<b>BBQ chicken / Salad</b>
<b>options</b>	Minces, taco seasoning, spinach, cheese, tomatoes, salsa	Sour cream, salt & vinegar, ham,cheese,carrot, cucumber	Vanilla cupcakes, watermelon, apples, pears, oranges.	Ham, cabanossi, pineapple,cheese pizza bases	BBQ chicken, Lettuce, tomato, corn, cheese
<b>G/V/D/N</b>	GF-Bread S/D-Tortillas wraps V -falafel D -Bio Cheese	G/E/N- GF Rice Cakes D - bio cheese V-No ham	D/EGF-BBQ wheels D/S-	GF-pizza base V- cheese/pineapple D/S-Tortilla wrap D-Bio Cheese	D-Bio Cheese
<b>LATE SNACK</b>	<b>Mango yoghurt</b>	<b>Strawberry smoothies</b>	<b>Veggie sticks with hummus / salsa</b>	<b>Fruit platter</b>	<b>Cookies and milk</b>
<b>G/V/D/N</b>	D/S-ice cream	D/ V- Soy/ Rice milk	N-Salsa		N- Apple D- Bio cheese
<b>SMASH</b>	Caramel popcorn for movie				
<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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