



# MENU PLAN



WK: 1 TERM: 3 DATE: 21/07/2020

**BREAKFAST** - A variety of cereals, including gluten free cereal are available every morning  
Fresh water is available all day/ Fruit bowl is available for children to have fruit in the afternoon

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>PFD</b>	<b>Toast</b>	<b>Corn Fritters</b>	<b>Toast</b>	<b>Pancakes</b>
<b>options</b>		margarine, vegemite, honey, jam		margarine, vegemite, honey, jam	Maple syrup, frozen berries
<b>G/V/D/N</b>		GF - GF Bread S/D - nuttelex	GF - GF Bread S/D - nuttelex E-Toast	GF - GF Bread S/D - nuttelex	GF - GF Bread S/D - nuttelex
<b>AFTERNOON TEA</b>	<b>PDF</b>	<b>Fried Rice</b>	<b>Antipasto platter</b>	<b>Butter chicken rice, beans</b>	<b>Fruit, muesli, yoghurt</b>
<b>options</b>		Ham, frozen veggies, GF Soy sauce, Rice	ham/salami/ cabanossi, gherkins, cheese cubes, carrot, cucumber, caspium, cracker	Chicken, butter chicken sauce, rice, beans	Muesli, yoghurt, watermelon, apples, pears, oranges
<b>G/V/D/N</b>		GF - Soy Sauce V-no ham	GF Crackers S/D- Bio Cheese V- Falafel	V-Falafel N-Chicken with soy sauce	D-Soy milk N-BBQ wheels/ crackers
<b>LATE SNACK</b>		<b>Mango/peach yoghurt</b>	<b>Milo</b>	<b>Cheese. Pretzels, sultanas</b>	<b>Spring rolls with sweet chili sauce</b>
<b>G/V/D/N</b>		D/S - Soy milk rice milk	GF/S/D-Chocolate organic powder D/S- Rice milk/Soy milk	GF-Crackers D/S -Bio cheese N-apple	
<b>SMASH</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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