



# MENU PLAN

WK: 5 TERM: 3 DATE: 17/08/2020

**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>Toast</b>	<b>Yoghurt and Berries</b>	<b>Acai Bowls</b>	<b>Toast</b>	<b>Quesadillas</b>
<b>options</b>	Wholemeal bread, margarine, vegemite, homey, jam	Vanilla yoghurt, frozen berries	Acai, strawberry, banana, coconut, muesli	Wholemeal bread, margarine, vegemite, homey, jam	Tortillas, cheese, ham
<b>G/V/D/N</b>	<b>G/D/E/N- Bread</b>	<b>D- Soy/ rice milk</b>	<b>G/D/E/N- Acai</b>	<b>G/E/D/N- Bread</b>	<b>G/D/E/N- Bread</b>
<b>AFTERNOON TEA</b>	<b>Antipasto Platter</b>	<b>ANZAC Biscuits and Fruit</b>	<b>Rice cakes, ham, cheese and veggie sticks</b>	<b>Sushi Bowls</b>	<b>Healthy Chicken Nuggets and Veggie Sticks</b>
<b>options</b>	Crackers, cheese, ham, cabanossi, gherkins, olives, salami, carrot, cucumber, capsicum	ANZAC biscuits, apple, orange, watermelon, pears	Rice cakes, ham, cheese, carrot, cucumber, capsicum	Rice, nori paper, ham, tuna, carrot, cucumber, GF soy sauce	Chicken, greek yoghurt, breadcrumbs, carrot, cucumber, capsicum
<b>G/V/D/N</b>	<b>D- Plain crackers, bio cheese</b> <b>V- Falafel</b>	<b>G- GF arrowroot biscuits</b>	<b>D- Plain rice cakes, bio cheese</b> <b>V- Falafel</b>	<b>V- Dumplings</b>	<b>D/ G- teriyaki chicken</b> <b>V- Dumplings</b>
<b>LATE SNACK</b>	<b>Greek Salad</b>	<b>Corn Fritters</b>	<b>Pretzels, Cheese, Sultanas</b>	<b>Milo and Dried Fruit</b>	<b>Strawberry Smoothies</b>
<b>G/V/D/N</b>	<b>D- Bio cheese</b>	<b>G/D- Rice wheels</b>	<b>G- Rice wheels</b> <b>D- Bio cheese</b> <b>N- Apples</b>	<b>D- Soy/ rice milk</b> <b>N- Apples</b>	<b>D- Soy/ rice milk</b>
<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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