



# MENU PLAN



WK: 8 TERM: 3 DATE: 07/09/2020

**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>Hash Browns</b>	<b>Toasties</b>	<b>Mango/peach yoghurt</b>	<b>Fun Cereal</b>
<b>options</b>	margarine, vegemite, honey, jam	Hash Browns, tomato sauce, BBQ sauce	Ham/Cheese Cheese		
<b>G/V/D/N</b>	GF - GF Bread S/D - nuttalex	GF - GF Bread	G/D/E/N- Bread D-Bio Cheese V-Cheese	D/S - Soy milk rice milk	G/D/E/N- Cereal
<b>AFTERNOON TEA</b>	<b>Cheesy Vegemite Scrolls and Veggie Sticks</b>	<b>Popcorn and Fruit</b>	<b>Homemade pizza and veggie sticks</b>	<b>Raspberry vanilla cupcakes and fruit</b>	<b>Burrito bowls</b>
<b>options</b>	Puff pastry, cheese, vegemite, carrot, cucumber, capsicum	Popcorn, apple, orange, pear, watermelon	Ham, cabanossi, pineapple, cheese pizza bases	Cupcakes, apples, orange, pear, watermelon, pineapple	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa / tortilla wraps
<b>G/V/D/N</b>	G- GF puff pastry D- Bio cheese	G/D/E/N- Rice wheels	GF-pizza base V- cheese/pineapple D/S-Tortilla wrap D-Bio Cheese	G/D/E/N/S- Rice Wheels	G/D/E/N/D- Bread D- Bio Cheese V- vegetarian minces
<b>LATE SNACK</b>	<b>Fruit salad</b>	<b>Veggie Sticks and Onion Dip</b>	<b>Soy Crisps and Fruit</b>	<b>Edamame</b>	<b>Dried fruit platter</b>
<b>G/V/D/N</b>		G/D/E/N- Salsa	G/D/E/N- Rice wheels S- Cruskits	S- Cruskits	N- Apples
<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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