



MENU PLAN



WK: 4

TERM: 4 DATE: 2/11/2020

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

Fresh

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Toasties	Tremendous Tuesday Cereal	Mango/peach yoghurt	Fruit Salad	Toast
options	Ham/Cheese Cheese			Apple, pear, orange, watermelon	margarine, vegemite, honey, jam
G/V/D/N	G/D/E/N- Bread D-Bio Cheese V-Cheese	G/D/E/N- Cereal	D/S - Soy milk rice milk		GF - GF Bread S/D - nuttelex
AFTERNOON TEA	Antipasto platter	Fried Rice	Raspberry vanilla cupcakes and fruit	Crackers, Ham, Cheese and Veggie Sticks	Homemade Sausage Rolls and Veggie Sticks
options	Ham, salami, cabanossi, capsicum, carrot, cucumber, cheese, flat bread, hummus, tzatziki	Rice, ham, mixed veggies, GF soy sauce	Cupcakes, apples, orange, pear, watermelon, pineapple	Cracker, ham, cheese, carrot, cucumber, capsicum	Puff pastry, sausages, carrot, cucumber, capsicum, tomato/ BBQ sauce
G/V/D/N	D- Bio cheese GF/D/S - plain Crackers V -faftal	V- Rice, mixed veggies, GF soy sauce	G/D/E/N/S- Rice Wheels	G/D- Plain crackers, bio cheese V- Falafel	G- GF puff pastry V- Vegetarian sausage rolls
LATE SNACK	Frozen Fruit Bites	Dried fruit platter	Edamame	Pretzels, Cheese, Sultanas	Soy Crisps and Fruit
G/V/D/N	D- Soy Yoghurt S- Rice Milk	N- Apples	S- Cruskits	D- Bio cheese N- Apples	G/D/E/N- Rice wheels S- Cruskits
SMASH					Smores
G/V/D/N					GF/N/E chocolate

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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