



MENU PLAN



WK: 7 TERM: 4 DATE: 23/11/2020

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
BREAKFAST	Toasties	Mango/peach yoghurt	Fruit Salad	Toast	Friilly Friday Cereal
options	Ham/Cheese		Apple, pear, orange, watermelon	margarine, vegemite, honey, jam	
G/V/D/N	G/D/E/N- Bread D-Bio Cheese V-Cheese	D/S - Soy milk rice milk		GF - GF Bread S/D - nuttelex	GF - GF Bread S/D - nuttelex E-Toast
AFTERNOON TEA	Healthy Chicken Burgers	Fairy Bread +Fruit	Crackers, Ham, Cheese, Veggie Sticks	Anzac Biscuits + Fruit	Antipasto platter
options	Wholemeal bread, chicken burger pattie, lettuce, tomato, cheese, tomato sauce, BBQ sauce	Wholemeal bread, sprinkles, apple, pear, orange, watermelon	Crackers, ham, cheese, carrot, cucumber, capsicum, snow peas	Anzac biscuits, apple, orange, pear, watermelon	Ham, salami, cabanossi, capsicum, carrot, cucumber, cheese, flat bread, hummus, tzatziki
G/V/D/N	V- Vegan Chicken D-Bio Cheese	D- Nuttelex	D/S- plain crackers, bio cheese V- Falafel	GF/D/S- Rice Crackers	D- Bio cheese GF/D/S - plain Crackers V -fatal
LATE SNACK	Frozen Fruit Bites	Flat bread + Dip	Milo	Edamame	Pretzels, Cheese, Sultanas
G/V/D/N	D- Soy Yogurt S- Rice Milk	G- GF Wrap D/S/N- Salsa	D/S- Rice milk G- Organic drinking chocolate	S- Cruskits	D- Bio cheese N- Apples
SMASH					

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

G/V/D/N					
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