



# MENU PLAN

WK: 9 TERM: 4 DATE: 7/12/2020

**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>Potato Gems</b>	<b>Toast</b>	<b>Mango Magic Smoothies</b>	<b>Pancakes</b>
<b>options</b>	margarine, vegemite, honey, jam		margarine, vegemite, honey, jam	Mango, milk, yoghurt, honey	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	D- Soy milk	GF - GF Bread S/D - nuttelex
<b>AFTERNOON TEA</b>	<b>Banana Bread / Fruit</b>	<b>Chicken Caesar Salad</b>	<b>Popcorn and Fruit</b>	<b>Crackers, Ham, Cheese and Veggie Sticks</b>	<b>Cheese and Vegemite Snails with Veggie Fingers</b>
<b>options</b>	Banana bread, Watermelon, pears, oranges, apples, pineapple	Chicken, lettuce, bacon, croutons, dressing, parmesan cheese	Popcorn, apple, orange, pear, watermelon	Cracker, ham, cheese, carrot, cucumber, capsicum	Puff pastry, vegemite, shredded cheese, cucumber, capsicum, carrot, snow peas
<b>G/V/D/N</b>	GF/D/S - Rice Wheels	V- Falafel G/D- Plain crackers, bio cheese	G/D/E/N- Rice wheels	G/D- Plain crackers, bio cheese V- Falafel	G/D/E/N-GF bread, bio cheese
<b>LATE SNACK</b>	<b>Veggie Sticks and Onion Dip</b>	<b>Soy Crisps and Fruit</b>	<b>Flatbread, Veggie Sticks and Dip</b>	<b>Frozen Fruit Bites</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	G/D/E/N- Salsa	D- Soy milk, soy yoghurt	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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