



MENU PLAN



WK: 10 TERM: 4 DATE: 14/12/2020

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
BREAKFAST	Momentous Monday Cereal	Apples + Yoghurt	Toasties	VAC CARE	VAC CARE
options			Ham/Cheese Cheese		
G/V/D/N	G/D/E/N- Cereal	D/S - Soy milk rice milk	G/D/E/N- Bread D-Bio Cheese V-Cheese		
AFTERNOON TEA	Flat bread + Dip and Veggie Sticks	Puffed Pizza + Veggie Sticks	Muesli, Yoghurt + Fruit		
options	Wholegrain wrap, homus, tzatziki, salsa, cucumber, cappicum, carrot	Ham, cabanossi, pineapple,cheese, puff pastry	Muesli, yoghurt, apple, orange, pineapple, pear, watermelon		
G/V/D/N	G- GF Wrap D/S/N- Salsa	G- GF puff pastry V- cheese/pineapple D/S-Tortilla wrap D-Bio Cheese	D/S- Rice milk N- Nut free cereal		
LATE SNACK	Fruit salad	Milo	Pretzels, Cheese, Sultanas		
G/V/D/N		D/S- Rice milk G- Organic drinking chocolate	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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