



MENU PLAN



WK: 7 TERM: 1 DATE: 08/03/2021

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	Toast	Tasty Tuesday cereal	Strawberry/vanilla yoghurt	Muffins	Toasties
options	Margarine, vegemite, honey, jam			Margarine, vegemite, honey, jam	Ham/cheese Cheese
G/V/D/N	GF - GF Bread S/D - nuttelex	G/D/E/N - cereal D/S - soy/rice milk	D/S - soy/rice milk	GF - GF bread S/D - nuttelex	GF - GF Bread D - bio cheese V - cheese
AFTERNOON TEA	Banana bread + fruit	Vegetarian spring rolls + veggie sticks	Rice cakes, veggie sticks + dip	Raspberry vanilla cupcakes + fruit	Cheesy garlic bread + veggie sticks
options	Banana bread, watermelon, apples, pear, pineapple	Vegetarian spring rolls, carrots, cucumbers, capsicum	Rice cakes, carrots, cucumbers, corn, hummus, tzatziki	Cupcakes, apples, pears, watermelon, pineapple	Turkish bread, minced garlic, cheese, carrots, cucumbers
G/V/D/N	GF - GF bread	GF/S/D - rice wheels	D - salsa	G/D/N/S - rice wheels	GF - GF bread D - bio cheese
LATE SNACK	Mango/peach yoghurt	Milo	Fun fruit skewers	Frozen fruit bites	Dried fruit platter
G/V/D/N	D/S - soy/rice milk	D/S - soy/rice milk Cadbury drinking chocolate		D/S - soy/rice milk	N - apples
SMASH					
G/V/D/N					

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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