



MENU PLAN

WK: 8 TERM: 1 DATE: 15/03/2021

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	Muffins	Toast	Toasties	Peach and Mango yoghurt + Muesli	Hash Browns
options	Margarine, vegemite, honey, jam	Margarine, vegemite, honey, jam	Ham/cheese Cheese		Hash Browns, tomato sauce, BBQ sauce
G/V/D/N	GF - GF bread S/D - nuttelex	GF - GF Bread S/D - nuttelex	GF - GF Bread D - bio cheese V - cheese	D/S - soy/rice milk	GF - GF Bread
AFTERNOON TEA	Fried Rice	ANZAC Biscuits and Fruit	Popping Trail Mix and Fruit	Rice cakes, ham, cheese, veggie sticks + dip	Vegemite and Cheese scrolls + veggie sticks
options	Ham, corn, carrots, peas, GF soy sauce	ANZAC biscuits, apple, orange, watermelon, pears	Popcorn, dried pineapple, sultanas, dark choc chips, apple, orange, pear, watermelon	Rice cakes, ham, cheese, carrots, cucumbers, capsicum, hummus	Puff pastry, vegemite, cheese, carrots, cucumbers, capsicum
G/V/D/N	GF soy sauce V - no ham	G- GF arrowroot biscuits	G/D/E/N- Rice wheels	D - salsa	GF - GF bread D - bio cheese
LATE SNACK	Dried fruit platter	Flat bread, Dip + veggies	Vegetarian spring rolls + Sweet chilli	Soy Crisps and Fruit	Frozen fruit bites
G/V/D/N	N - apples	GF- GF bread	GF - rice wheels	G/D/E/N- Rice wheels S- Cruskits	D/S - soy/rice milk
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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