



MENU PLAN

WK:1 TERM: 2 DATE: 19/03/2021

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	Weetbix breakfast smoothies	Hash browns	Quesadillas	Waffles
options	margarine, vegemite, honey, jam	Weetbix, bananas, mixed berries, milk	Hash browns, tomato/ bbq sauce	Ham, cheese, wraps	Waffles, maple syrup, mixed berries
G/N/D/N	GF- GF Bread S/D- nuttelex	D- soy/rice milk	GF- GF bread	GF- GF Bread D- bio cheese	GF- GF bread S/D- nuttelex
MORNING TEA	Popcorn + fruit				
options	Popcorn, apples, pears, watermelon, pineapple				
G/N/D/N	GF/D- rice wheels				
AFTERNOON TEA	Spring rolls + veggie sticks	Burritos	Super sandwich selection + fruit	Cheesy garlic bread + veggie sticks	ANZAC biscuits + fruit
options	Spring rolls, sweet chilli, carrots, cucumber, capsicum	Tortillas, beef mince, taco seasoning, lettuce, tomatoes, salsa, cheese	Bread, ham, cheese, salami, vegemite, honey, jam, apples, pears, watermelon, pineapple	Turkish bread, cheese, butter, minced garlic, carrots, cucumbers	ANZAC biscuits, apples, pears, watermelon
G/N/D/N	GF/D - rice wheels	V- vegan mince D- bio cheese	GF- GF bread	GF- GF bread D- nuttelex, bio cheese	GF- Arrowroot biscuits
LATE SNACK	Dried fruit platter	Ham, cheese, crackers	Frozen fruit bark	Mango/peach yoghurt	Milo
G/N/D/N	N- apples	D- bio cheese	D- soy//rice milk	D- soy/rice milk	D- soy/rice milk GF- organic drinking chocolate

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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