



MENU PLAN



WK: 2 TERM: 2 DATE: 26/04/2021

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	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	Chicken Caesar Salad	Spinach and cheese triangles + veggie sticks	Rice cakes, ham, cheese and fruit	Vegemite and Cheese scrolls + veggie sticks
options	Bacon, corn, carrots, peas, GF soy sauce, seaweed	Chicken, lettuce, bacon, croutons, dressing, parmesan cheese	Spinach and cheese triangles, carrot, capsicum, cucumber	Rice cakes, ham, cheese, apple, orange, pear, pineapple	Puff pastry, vegemite, cheese, carrots, cucumbers, capsicum
G/V/D/N	GF soy sauce V - no ham	V- Falafel G/D- Plain crackers, bio cheese	G/D/E/N- Rice wheels	GF Rice cakes D-Bio cheese	GF - GF bread D - bio cheese
LATE SNACK	Dried fruit platter	Mango Magic Smoothies	Popping Trail Mix and Fruit	Veggies sticks, dip and flatbread	Frozen fruit bites
G/V/D/N	N - apples	D/S - soy/rice milk	G/D/E/N- Rice wheels	G/D/E/N- Rice wheels	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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Menu based on information from the Australian Dietary Guidelines 2013