



MENU PLAN



WK: 5 TERM: 2 DATE: 17/5/2021

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	Fruit salad	Muffins	Crumpets	Strawberry and vanilla yoghurt
options	Margarine, vegemite, honey, jam	Apples, pears, oranges	Margarine, vegemite, honey, jam	Crumpets, margarine, jam, honey	
G/V/D/N	GF - GF bread S/D - nuttelex		GF - GF Bread S/D - nuttelex	GF - GF bread S/D - nuttelex	S/D - rice/soy milk
AFTERNOON TEA	Sandwiches + veggie sticks	Chicken Caesar salad	Sweet Weetbix slice + fruit	Rice cakes, ham, cheese + veggie sticks	Banana bread + fruit
options	Ham, cheese, salami, jam, honey, vegemite options + carrots, cucumbers	Chicken, lettuce, bacon, croutons, dressing, parmesan cheese	Weetbix slice, apples, pears, oranges	Rice cakes, ham, cheese, carrots, cucumbers	Banana bread, apples, pears, pineapple
G/V/D/N	V - vegetarian options D - bio cheese	V - falafels G/D- plain crackers, bio cheese	GF - rice wheels	D - bio cheese	GF/D/E - rice wheels
LATE SNACK	Pretzels, cheese + sultanas	Milo	Mango smoothies	Soy crisps + fruit	Flatbread, veggie sticks + dip
G/V/D/N	D - bio cheese	D- soy/rice milk GF- organic drinking chocolate	S/D - rice/soy milk	GF/N/D - rice wheels	GF - GF bread D - salsa
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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