



MENU PLAN

WK: 6 TERM: 2 DATE: 24/5/2021

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	Crumpets	Banana Pancakes	Potato Gems	Toast	Porridge and berries
options	Crumpets, margarine, jam, honey	Pancakes, banana, golden syrup	Potato gems, tomato sauce, BBQ sauce	Margarine, vegemite, honey, jam	porridge, milk, berries
G/V/D/N	GF - GF bread S/D - nuttelex	S/D - Rice Milk A- No Banana		GF - GF bread S/D - nuttelex	S/D - Rice Milk
AFTERNOON TEA	Antipasto platter	Pizza Scrolls and Veggie sticks	Chicken Burritos	Raspberry vanilla cupcakes and fruit	Cheesy Garlic Bread and Veggie Sticks
options	Ham, salami, cabanossi, cheese, carrots, cucumbers, capicum, flat bread, tzatziki, humus	Puff pastry, ham, cheese,, tomato paste, carrot, capicum, cucumber	Chicken minces, taco seasoning, lettuce, cheese, tomatoes, salsa	Cupcakes, apples, orange, pear, watermelon, pineapple	Whole Grain bread, garlic paste, cheese, carrot, cucumber, capsicum
G/V/D/N	GF - plain crackers S/D - bio cheese V - falafel	G/N/D/E- Bread toastie B-Bio cheese V-cheese	GF-Bread S/D-Tortillas wraps V -falafel D -Bio Cheese	G/D/E/N/S- Rice Wheels	G/D/E/N- Bread D- Bio cheese
LATE SNACK	Custard and Berries	Arrowroot biscuits and milk	Soy crisps + fruit	Roast Veggies	Hot Chocolate
G/V/D/N	D/ V- Soy/ Rice milk	N- Apple D- Bio cheese	GF/N/D - rice wheels		D- soy/rice milk GF- organic drinking chocolate
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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