



MENU PLAN



WK: 7 TERM: 2 DATE: 31/5/2021

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	Toasties	Porridge + berries	Toast	Hash browns	Muffins
options	ham, cheese	quick oats, milk, frozen berries	margarine, jam, honey, vegemite	Hash browns, tomato/BBQ sauce	margarine, jam, honey, vegemite
G/V/D/N	GF - GF bread S/D - nuttelex	S/D - rice milk	GF - GF bread S/D - nuttelex		GF - GF bread S/D - nuttelex
AFTERNOON TEA	ANZAC biscuits + fruit	Fried rice	Fairybread + fruit	Spring rolls + veggie sticks	Popcorn + fruit
options	ANZAC biscuits, apples, oranges, pineapple	Bacon, corn, carrots, peas, soy sauce	Fairybread, apples, pears, oranges, pineapple	Vegetarian spring rolls, sweet chilli, carrots, cucumbers, capsicum	Popcorn, apples, pears, oranges
G/V/D/N	GF - Arrowroot biscuits	V - no ham GF soy sauce	GF - GF bread S/D - nuttelex	GF/D - rice wheels	
LATE SNACK	Roast veggies	Dried fruit platter	Flatbread, veggie sticks + dips	Custard + berries	Spinach/cheese triangles
G/V/D/N		N - apples	D - salsa GF - GF bread	D/V - soy/rice milk	GF/D/S - rice wheels
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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