



MENU PLAN

WK: 4 TERM: 2 DATE: 10/5/2021

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	Muffins	Toast	Hash Browns	Peach and Mango yoghurt	Toasties
options	Margarine, vegemite, honey, jam	Margarine, vegemite, honey, jam	Hash Browns, tomato sauce, BBQ sauce		Ham/cheese Cheese
G/V/D/N	GF - GF bread S/D - nuttelex	GF - GF Bread S/D - nuttelex	GF - GF Bread	D/S - soy/rice milk	GF - GF Bread D - bio cheese V - cheese
AFTERNOON TEA	Fried Rice	Chicken Noodle Soup	Vegetarian spring rolls, sweet chilli + veggie sticks	Nachos	Vegemite and Cheese scrolls + veggie sticks
options	Bacon, corn, carrots, peas, GF soy sauce, seaweed	Chicken, noodles, carrot, pea, corn	Vegetarian spring rolls, sweet chilli, carrots, cucumber, capcicum	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa, corn chips	Puff pastry, vegemite, cheese, carrots, cucumbers, capcicum
G/V/D/N	GF soy sauce V - no ham	V-vegan cheese	GF - rice wheels	G/D/E/N/D- Bread D- Bio Cheese V- vegetarian minces	GF - GF bread D - bio cheese
LATE SNACK	Dried fruit platter	Flat bread, Dip + veggies	Strawberry Yoghurt	Soy Crisps and Fruit	Frozen fruit bites
G/V/D/N	N - apples	GF- GF bread	D/S - soy/rice milk	G/D/E/N- Rice wheels S- Cruskits	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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