



MENU PLAN

WK: 8 TERM: 2 DATE: 7/6/2021

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	Muffins	Wonderful Wednesday cereal	Toasties	Peach and Mango yoghurt
options	margarine, jam, honey, vegemite	margarine, jam, honey, vegemite		ham, cheese	
G/V/D/N	GF - GF bread S/D - nuttelex	GF - GF bread S/D - nuttelex	S/D- Rice milk	GF - GF bread S/D - nuttelex	D/S - soy/rice milk
AFTERNOON TEA	Spinach and cheese triangles + veggie sticks	Antipasto platter	Chicken Caesar Salad	Nachos	Banana bread + fruit
options	Spinach and cheese triangle, carrots, cucumbers, capsicum	Ham, salami, cabanossi, cheese, carrots, cucumbers, capicum, flat bread, tzatziki, humus	Chicken, lettuce, bacon, croutons, dressing, parmesan cheese	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa, corn chips	Banana bread, apples, pears, pineapple
G/V/D/N	GF/D/S - rice wheels	GF - plain crackers S/D - bio cheese V - falafel	V- Falafel G/D- Plain crackers, bio cheese	G/D/E/N/D- Bread D- Bio Cheese V- vegetarian minces	GF/D/E - rice wheels
LATE SNACK	Custard + berries	Frozen fruit	Mango Magic Smoothies	Soy Crisps and Fruit	Roast Veggies
G/V/D/N	D/V - soy/rice milk		D/S - soy/rice milk	G/D/E/N- Rice wheels S- Cruskits	
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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