



MENU PLAN

WK: 9 TERM: 2 DATE 15/6/2021

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	PUBLIC HOLIDAY	Yoghurt + berries	Croissants	Potato gems	Toast
options		Vanilla yoghurt, mixed berries	Croissants, margarine, jam	Potato gems, tomato/BBQ sauce	Margarine, jam, honey, vegemite
G/V/D/N		S/D- rice/soy milk	GF - GF Bread S/D - nuttalex		GF- GF bread S/D- nuttalex
AFTERNOON TEA		Homemade sausage rolls + veggie sticks	Rice cakes, ham, cheese + veggie sticks	Chicken burgers	Choc chip granola bars + fruit
options		Puff pastry, sausages, carrots, cucumbers, capsicum	Rice cakes, ham, cheese, carrots, cucumbers, capsicum	Chicken burger patties, buns, lettuce, tomatoes, cheese, tomato/BBQ sauce	Choc chip granola bars, apples, pineapple, oranges
G/V/D/N		GF- GF puff pastry V- vegetarian sausage rolls	GF- GF rice cakes D- bio cheese V- no ham	GF- GF bread, veggie patty D- bio/no cheese V- veggie patty	GF/D- rice wheels
LATE SNACK		Hot chocolate	Roast veggies	Soy crisps + fruit	Pretzels, cheese + sultanas
G/V/D/N		D- soy/rice milk GF- organic drinking chocolate		GF/N/D - rice wheels	D- bio cheese
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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