



# MENU PLAN

WK: 1 TERM: 3 DATE: 13/7/2021

**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
<b>BREAKFAST</b>		<b>Grilled cheese</b>	<b>Strawberry yoghurt</b>	<b>Toast</b>	<b>Berry Weet-Bix smoothie</b>
<b>options</b>		Wholemeal bread, margarine, cheese		Margarine, jam, honey, vegemite	Vanilla yoghurt, mixed berries, weet-bix, milk
<b>G/V/D/N</b>		GF- GF bread S/D- nuttelex, bio cheese	D/S - soy/rice milk	GF- GF bread S/D- nuttelex	S/D- rice/soy milk
<b>AFTERNOON TEA</b>		<b>ANZAC biscuits + fruit</b>	<b>Honey joys + fruit</b>	<b>Burrito bowl</b>	<b>Garlic Bread and veggie sticks</b>
<b>options</b>		ANZAC biscuits, apples, oranges, pineapple	Honey joys, apples, pears, watermelon, pineapple	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa, burrito wraps	Turkish bread, cloves garlic, cheese, carrots, capicum, cucumber, snowpeas
<b>G/V/D/N</b>		GF - Arrowroot biscuits	GF - Rice wheels	G/D/E/N/D- Bread D- Bio Cheese V- vegetarian minces	G/N/D/E- bread D- Bio cheese
<b>LATE SNACK</b>		<b>Flatbread, veggie sticks + dips</b>	<b>Roast Veggies</b>	<b>Yoghurt + fruit</b>	<b>Cabanossi, Crackers and Cheese</b>
<b>G/V/D/N</b>		D - salsa GF - GF bread		S/D - Rice Milk	N- Ham D- Bio cheese, plain/ seaweed crackers
<b>SMASH</b>					

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

<b>G/V/D/N</b>					
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