



# MENU PLAN

WK: 2 TERM: 3 DATE: 19/7/2021

**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>Toast</b>	<b>Toast</b>	<b>Corn fritters</b>	<b>Toast</b>	<b>Hot chocolate</b>
<b>options</b>	Margarine, jam, honey, vegemite	Margarine, jam, honey, vegemite		Margarine, jam, honey, vegemite	Hot drinking chocolate
<b>G/V/D/N</b>	GF- GF bread S/D- nuttelex	GF- GF bread S/D- nuttelex, bio cheese	GF- GF bread	GF- GF bread S/D- nuttelex	S/D- rice/soy milk
<b>AFTERNOON TEA</b>	<b>Antipasto platter</b>	<b>Tacos</b>	<b>Sushi</b>	<b>Sausage sizzle</b>	<b>Chocolate chip muffins /fruit</b>
<b>options</b>	Ham, Cabanossi, Crackers and Cheese, carrots, cucumber and crackers	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa, taco shells	Chicken / cucumber tuna/cucumber Seaweed, sushi rice, soy sauce	Sausage sizzle, bread, tomato/BBQ sauce	Chocolate chips muffins apples, oranges, pineapple
<b>G/V/D/N</b>	GF - Crackers D-Bio cheese V-Fafal	GF - Bread D- Bio Cheese V- vegetarian minces	V- vegetable sushi	G/D/E/N/D- Bread V-Vegetarian sausages	G/N/D/E- bread D- Bio cheese
<b>LATE SNACK</b>	<b>Milo</b>	<b>Dried fruit platter</b>	<b>Popcorn</b>	<b>Fruit Salad</b>	<b>Yoghurt</b>
<b>G/V/D/N</b>	S/D - Rice Milk GF/D organic drinking chocolate	N-apples			S/D - Rice Milk
<b>SMASH</b>			<b>Iced biscuits</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>			<b>GF/D/S arrowroot biscuits</b>		
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