



MENU PLAN

WK: 5 TERM: 3 DATE: 9/8/21

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	Milo cereal	Yoghurt	Toast	Milo	Toast
options		Margarine, jam, honey,	ham/cheese/burritos wraps	Milo & milk	Margarine, jam, honey, vegemite
G/V/D/N	GF- GF cereal	GF- GF bread S/D- nuttelex	GF- GF bread S/D- nuttelex V-no ham	GF- Organic drinking chocolate S/D- rice / soy milk	GF- GF bread S/D- nuttelex
AFTERNOON TEA	Healthy chocolate muffins & fruit	Soy crisps/popcorn & fruit	Spaghetti & bolognese	Hawaiann pizza & veggies	Chicken nuggets & veggies
options	Apples, Oranges, Pineapple, Watermelon	Soy crisps,popcorn, Apples, Oranges, Pineapple, Watermelon	Spiral pasta and minces, grated carrot and zucchini.	Pizza base, tomato paste, ham, cheese & pineapple. Carrots, corn and cucumber	Homemade chicken nuggets, BBQ & tomato sauce Carrots, corn, cucumber
G/V/D/N	GF- Rice wheels	GF - Bread D-Bio cheese V-Fafal	GF pasta D/S Bio cheese V-Vegetarian minces	V - Cheese pizza D-Bio cheese GF-Pizza base	V- Vegetarian chicken nuggets
LATE SNACK	Flatbread/veggies/hummus	Flavoured rice cakes and cheese	Yoghurt and Berries	Dried fruit platter	Milo
G/V/D/N	GF-GF Bread N-Salsa	GF - GF Rice cakes D/S-Salt Vinegar rice cakes Bio Cheese	S/D - Soy/Rice Milk	N- apples	GF- Chocolate Organic powder S/D - 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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