



# MENU PLAN

WK: 6 TERM: 3 DATE: 16/8/21

**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
<b>BREAKFAST</b>	Milo cereal	Bagels	Toast	Milo	Toast
<b>options</b>		Margarine, jam, honey,	Margarine, jam, honey, vegemite	Milo & milk	Margarine, jam, honey, vegemite
<b>G/V/D/N</b>	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
<b>AFTERNOON TEA</b>	Antipasto platter	Raspberry/Banana Bread & fruit	Spring rolls & veggie sticks	Pikelets and fruit	Chicken noodle soup
<b>options</b>	Ham, Salami, Cabanossi, carrots, cucumber, cheese & crackers	, Apples, Oranges, Pineapple, Watermelon	Spring roll, sweet chilli sauce, carrots, cucumber, corn.	Jam/maple syrup pikelets, , Apples, Oranges, Pineapple, Watermelon	Chicken, noodles, vegetables , chicken stock.
<b>G/V/D/N</b>	GF- Rice crackers D-Bio Cheese V-Fafal	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 GF-Pasta
<b>LATE SNACK</b>	Yoghurt & Berries	Ham/Cheese rice cakes	Mango smoothies	Flat bread veggies, hummus	Fruit skewers
<b>G/V/D/N</b>	D/S -Soy/Rice milk	GF - GF Rice cakes D/S-Salt Vinegar rice cakes Bio Cheese	S/D - Soy/Rice Milk	N- Salsa	
<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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