



# MENU PLAN



WK: 3 TERM: 3 DATE: 26/7/21

**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>	<b>Crumpets</b>	<b>Toast</b>	<b>Muffins</b>	<b>Toast</b>	<b>Toast</b>
<b>options</b>	Margarine, jam, honey, vegemite	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	GF- GF bread S/D- nuttelex	GF- GF bread S/D- nuttelex	GF- GF bread S/D- nuttelex
<b>AFTERNOON TEA</b>	<b>Spring Rolls and Veggie Sticks</b>	<b>Toasties</b>	<b>Chicken and Roast Veggies</b>	<b>Flavoured Rice Cakes and Veggie Sticks</b>	<b>Honey Joys and Fruit</b>
<b>options</b>	Spring Rolls, carrots, cucumber, capsicum, corn.	Ham, Cheese, Salami	Chicken, Carrots, Potato, Pumpkin	Jam, Honey, Margarine, Vegemite, carrot, cucumber, capsicum, corn	Honey Joys, Apples, Mandarin, Oranges, Pineapple, Watermelon
<b>G/V/D/N</b>	GF - Crackers D-Bio cheese V-Fafal	GF - Bread D- Bio Cheese	V- Falafel		
<b>LATE SNACK</b>	<b>Pretzels, Cheese and Sultanas</b>	<b>Fruit Salad</b>	<b>Milo</b>	<b>Milk</b>	<b>Yoghurt</b>
<b>G/V/D/N</b>	D - Bio Cheese		S/D - Soy/Rice Milk, Cabury Drinking Chocolate	S/D - Soy/Rice Milk	S/D - Rice Milk
<b>SMASH</b>					<b>IGA In Centre</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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