



MENU PLAN

WK: 4 TERM: 3 DATE: 2/8/21

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 | Crossissants | Ham/cheese quesadillas | 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 | Chicken Burgers | Sausage rolls & veggies | Back to front day | Tacos & burritos | Popcorn & fruit |
| options | Chicken patties, burgers, cheese, spinach & tomatoes | Puff pastry, sausages, carrot, corn, cucumber. Tomato, BBQ sauce | Milo cereal, nutri-grain,fruity bites, rice bubbles | Beef minces, taco seasoning, spinach, cheese, tomatoes | Popcorn Apples, Mandarin, Oranges, Pineapple, Watermelon |
| G/V/D/N | GF - Bread D-Bio cheese V-Fafal | GF - Bread V - Vegartarin sausage rolls | GF cereal D/S soy /rice milk | V - vegan minces D-Bio cheese | |
| LATE SNACK | Yoghurt | Milk and arrowroot biscuits | Fruit Salad | Fruit skewers | Rice crackers / cheese/ Salsa |
| G/V/D/N | D -soy/rice milk | S/D - Soy/Rice Milk | | Watermelon, grapes, oranges, apples | GF-Rice Crackers |
| 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

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