



MENU PLAN

WK: 7 TERM: 3 DATE: 23/8/21

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	Toast	Croissants	Toast	Toast	Toast
options	Margarine, jam, honey, vegemite	Margarine, jam, honey, vegemite	Margarine, jam, honey, vegemite	Margarine, jam, honey, vegemite	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	Sushi bowls	Garlic bread and veggies	Ham/Cheese rice crackers & veggies	Cheesy Cauliflower bake & flatbread	Anzac biscuits & fruit
options	Rice, cucumber, carrots, seaweed, chicken & soy sauce	Garlic bread & corn, carrots & cucumber	Spring roll, sweet chilli sauce, carrots, cucumber, corn.	Cauliflower, cheese and flatbread	Anzac biscuits, watermelon, pineapple, apples, oranges.
G/V/D/N	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
LATE SNACK	Custard & berries	Yoghurt	Fruit salad	Popcorn	Milo
G/V/D/N	D/S -Soy/Rice milk	D/S -Soy/Rice milk			D/S -Soy/Rice milk Drinking powder
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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Menu based on information from the Australian Dietary Guidelines 2013