



MENU PLAN

WK: 10 TERM: 3 DATE: 13/9/21



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	Yoghurt and Berries	Quesadillas	English Muffins	Terrific Thursday Cereal	Toast
options	Strawberry, Mango, Vanilla yoghurt, frozen berries	Ham and Cheese	Margarine, Jam, Honey, Vegemite	Milo, cheerios, fruity bites, nutrigrain	Margarine, Jam, Honey, Vegemite
G/V/D/N	D - Soy Yoghurt	GF- GF bread S/D- nuttelex/Bio Cheese	GF- GF bread S/D- nuttelex	GF- GF Cereal DF/S - Soy / Rice Milk	GF - GF Bread S/D - Nuttelex
AFTERNOON TEA	Cheesy Vegemite Scrolls and Veggie sticks	ANZAC Biscuits with Fruit	Ham, Cheese, Rice Cakes and Veggie Sticks	Spring Rolls and Veggie Sticks	Fairy Bread and Fruit
options	Cheese, Cheese and Vegemite Scrolls	Biscuits, Watermelon, Pineapple,, apples, orange	Plain, sour cream & chives, salt and vinegar, Carrots, cucumber, corn	Vegetarian Spring Rolls, cucumber, carrots, corn, capsicum	Fairy Bread, watermelon, apples, orange, pineapple
G/V/D/N	D: No Sour Cream flavour, Bio Cheese V: Falafel	GF-GF Biscuits	V: Falafel		GF: Gluten free bread
LATE SNACK	Cabonossi and Crackers	Flat Bread, Veggie Sticks and Dip	Dried Fruit Platter	Frozen Fruit Bites	Milo
G/V/D/N		N: Salsa		D: Soy Yoghurt and Berries	D/S -Soy/Rice milk Drinking powder
SMASH				Caterpillar biscuits	

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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