



MENU PLAN

WK: 8 TERM: 3 DATE: 30/8/21

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	Quesadillas	Croissants	Toast	Fun Friday Cereal
options		Ham and Cheese	Ham and Cheese	Margarine, jam, honey, vegemite	Milo, cheerios, fruity bites, nutrigrain
G/V/D/N	GF- GF Cereal DF/S - Soy / Rice Milk	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 Cereal DF/S - Soy / Rice Milk
AFTERNOON TEA	Rice Cakes, Ham, Cheese and Veggie Sticks	Rice Bolognese	Popcorn and Fruit	OOSH made Sausage Rolls and Veggie Sticks	Weet-bix Crumble with Yoghurt and Fruit
options	Plain, sour cream & chives, salt and vinegar, Carrots, cucumber, corn	Rice, mince, carrot, zucchini, bolognese sauce	Popcorn, watermelon, apples, orange, pineapple	Beef sausages, puff pastry, corn, carrot, cucumber,	Crumble, yoghurt, watermelon, apples, orange, pineapple
G/V/D/N	D: No Sour Cream flavour, Bio Cheese V: Falafel	V: Vegan Mince		V: Vegan Sausage Rolls	D: Soy Yoghurt
LATE SNACK	Milo	Fruit skewers	Pretzels, Cheese and Sultanas	Custard and Berries	Vege Sticks and Dip
G/V/D/N	D/S -Soy/Rice milk Drinking powder		D: Bio Cheese	D/S: Soy/Rice Milk	N: Salsa
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