



MENU PLAN

WK: 9 TERM: 3 DATE: 9/6/21



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	Toasties	Pancakes	Wacky Wednesday Cereal	Toast	Crumpets
options	Ham/cheese	banana/maple syrup	Milo, cheerios, fruity bites, nutrigrain	Margarine, jam, honey, vegemite	Margarine, jam, honey
G/V/D/N	GF- GF bread S/D- nuttelex V-no ham	GF- GF bread S/D- nuttelex B-no banana	GF- GF Cereal DF/S - Soy / Rice Milk	GF- GF bread S/D- nuttelex	GF- GF bread S/D- nuttelex
AFTERNOON TEA	Muesli, Yoghurt and Fruit	Yogurt berries Ice Cream Cones	Fried Rice	Garlic bread & Veggies	Tacos/ Burritos
options	Muesli, yoghurt Watermelon, pineapple, oranges, apples	Yoghurt, frozen berries, waffle cones	Rice, ham, veggies,soy sauce	Cheesy garlic bread . carrots, corn, cucumber	Tacos/Burritos, taco seasoning, minces, spinach, tomatoes, cheese
G/V/D/N	D: No Sour Cream flavour, Bio Cheese V: Falafel	GF-GF cones D-coconut ice cream	V-no ham	GF - GF bread	D: Soy Yoghurt
LATE SNACK	Rice crackers and french onion dip	Ham, Veggie Sticks, Flatbread and French Onion Dip	Fruit Salad & Yoghurt	Popcorn & Fruit	Milo
G/V/D/N	N-Salsa	N-Salsa	D: Bio Cheese		D/S: Soy/Rice Milk Organic 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