



# MENU PLAN



WK: 1 TERM: 4 DATE: 5/10/21

**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
<b>BREAKFAST</b>		<b>Terrific Tuesday Cereal</b>	<b>Quesadillas</b>	<b>Yoghurt &amp; berries</b>	<b>Milo</b>
<b>options</b>		Milo, cheerios, fruity bites, nutrigrain	Ham and Cheese	Yoghurt and berries	Drinking milo
<b>G/V/D/N</b>		GF- GF Cereal DF/S - Soy / Rice Milk	GF- GF bread S/D- nuttelex/Bio Cheese	D: Soy Yoghurt and Berries	D-Soy milk GF- organic drinking powder
<b>AFTERNOON TEA</b>	<b>Public Holiday</b>	<b>Muesli, fruit, yoghurt</b>	<b>Antipasto platter</b>	<b>Chocolate chip Cookies &amp; fruit</b>	<b>Mixed sandwiches</b>
<b>options</b>		Muesli,yoghurt Watermelon, Pineapple, apples, orange	Ham, salami, cabonni, cube cheese, carrot, corn, cucumber, crackers	Chocolate chip cookies Watermelon, Pineapple, apples, orange	ham/cheese,turkey/ cranberry, honey, vegemite, cheese
<b>G/V/D/N</b>		GF-GF Biscuits	V-falafel D-Bio Cheese	GF-GF Biscuits	GF: Gluten free bread
<b>LATE SNACK</b>	<b>Public Holiday</b>	<b>Ham, Cheese &amp; Crackers</b>	<b>Frozen fruit bites</b>	<b>Edamame</b>	<b>Raspberry smoothies</b> Strawberry, yoghurt, honey & milk.
<b>G/V/D/N</b>		V-falafel D-Bio Cheese	D: Soy Yoghurt and Berries	S - Apple	D-Soy milk/ soy yoghurt
<b>SMASH</b>					

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

<b>G/V/D/N</b>					
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