



MENU PLAN

WK: 1 TERM: 4 DATE: 5/9/21

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	Corn Fritters	Mango Smoothies	Hashbrowns	Terrific Thursday Cereal	Toast
options	Corn fritter, BBQ sauce, tomato sauce	Frozen mango, milk, mango yoghurt	Hashbrowns, BBQ sauce, tomato sauce	Milo cereal, nutrigrain, fruity bites, cheerios	Wholemeal bread, nuttlex, vegemite, honey, jam
G/V/D/N	G- GF bread	D- Soy milk/ yoghurt	G- GF bread	N- Toast D- Soy milk	G- GF bread
AFTERNOON TEA	Banana Bread and Fruit	Healthy Chicken Burgers	Sushi Bowls	Chicken Ceaser Salad	Healthy Chicken Nuggets and Veggie Sticks
options	Banana bread, apples, oranges, watermelon, pineapple	Bread roll, chicken patty, lettuce, tomato, BBQ sauce, tomato sauce	Rice, nori paper, GF soy sauce, chicken, tuna, carrot, cucumber	Lettuce, chicken, bacon, croutons, caesar dressing	Chicken nuggets, carrot, cucumber, corn, snowpeas
G/V/D/N	E- Rice wheels	D/G- Plain chicken		E- No dressing	D- Plain chicken
LATE SNACK	Flat Bread and Veggie Sticks	Edamame	Dried Fruit Platter	Milkshakes	Fruit Skewers
G/V/D/N	G- GF bread		N- Apples	D- Soy milk/ coconut ice cream	
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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