



MENU PLAN

WK: 3 TERM: 4 DATE: 18/10/21

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
BREAKFAST	Toast	Milo	Quesadillas	Mixed Berry Smoothies	Freaky Friday Cereal
options	Wholemeal bread, nutelex, vegemite, honey, jam	Milo, milk	Tortilla wrap, ham, cheese	Frozen berries, milk, yoghurt, honey	Milo cereal, nutrigrain, fruity bites, cheerios
G/V/D/N	G- GF Bread	D- Soy milk	D- Bio Cheese	D- Soy milk, soy yoghurt	N- Weet-bix
AFTERNOON TEA	Burritos	Crunchy Noodle Salad	Rainbow Cookies and Fruit	Fried Rice	Rice Cakes, Ham, Cheese, Fruit
options	Tortilla wrap, beef mince, taco seasoning, spinach, tomato, cheese, salsa	Chicken, noodles, lettuce, carrot, salad dressing	Rainbow cookies, apples, oranges, watermelon, pineapple	Rice, GF soy sauce, peas, carrot, corn, ham	Rice cakes, ham, cheese, apples, oranges, watermelon, pineapple
G/V/D/N	V- Vegan Mince D- Bio Cheese	S- No dressing	E- Rice Wheels	V- No ham	V- Falafel D- Bio cheese
LATE SNACK	Fruit Skewers	Frozen Fruit Bites	Flat Bread, Veggie Sticks and Dip	Pretzels, Cheese, Sultanas	Corn on the Cob
G/V/D/N		D- Soy yoghurt		D- Bio cheese N- Apples	
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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Evaluation

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>					
Did they like it?					
Quantity of food					
Changes for next time					
<u>Afternoon Tea</u>					
Did they like it?					
Quantity of food					
Changes for next time					
<u>Late Snack</u>					
Did they like it?					
Quantity of food					

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

Changes for next time					
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Menu Instructions:

Monday:

Cook beef mince in the morning

Tuesday:

Cook chicken in morning

Prepare frozen fruit bites in the morning

Wednesday:

Prepare dry ingredients in morning

Thursday:

Cook rice in the morning

Friday: