



MENU PLAN

WK: 4 TERM: 4 DATE: 25/10/21

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	Yoghurt and Berries	Wonderful Wednesday Cereal	Toast	Quesadillas
options	Wholemeal bread, nuttelex, honey, jam, vegemite	Yoghurt, frozen berries	Milo, nutrigrain, cheerrios, fruity bites	Wholemeal bread, nuttelex, honey, jam, vegemite	Tortilla, cheese, ham
G/V/D/N	G- GF bread	D- Soy yoghurt	G- GF Weetbix	G- GF bread	D- Bio cheese
AFTERNOON TEA	Crackers, Ham, Cheese, Vege Sticks	Antipasto Platter	Pasta Salad	Cheesy Vegemite Scrolls and Vege Sticks	Popcorn and Fruit
options	Crackers, ham, cheese, carrot, cucumber, snowpeas, corn	Flat bread, ham, salami, cabanossi, cheese, carrot, cucumber, hummus	Pasta, chicken, corn, spinach, bacon, mayonnaise, sour cream	Puff pastry, cheese, vegemite, carrot, cucumber, snowpeas, corn	Popcorn, apples, oranges, watermelon, pineapple
G/V/D/N	V- Falafel D- Bio cheese	V- Falafel N- Ham, salsa only	V- Falafel E- No mayo	D- Bio cheese	
LATE SNACK	Fruit Cups	Pretzels, Cheese, Sultanas	Mango Magic Smoothies	Dried Fruit Platter	Edamame
G/V/D/N		N- Apples	D- Soy milk/ yoghurt	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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