



# MENU PLAN

WK: 5 TERM: 4 DATE: 01/11/21

**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>Toast</b>	<b>Mango Magic Smoothies</b>	<b>Banana Pancakes</b>	<b>Quesadillas</b>	<b>Yoghurt and Frozen Berries</b>
<b>options</b>	Wholemeal bread, nuttalex, jam, honey, vegemite	Frozen mango, mango yoghurt, milk	Banana, pancakes, golden syrup	Tortilla, ham, cheese	Yoghurt, frozen berries
<b>G/V/D/N</b>	<b>G- GF bread</b>	<b>D- Soy yoghurt/ milk</b>	<b>E- Rice wheels</b>	<b>D- Bio cheese</b>	<b>D- Soy yoghurt</b>
<b>AFTERNOON TEA</b>	<b>OOSH Made Sausage Rolls and Vege Sticks</b>	<b>Popcorn and Fruit</b>	<b>Rice Cakes, Ham, Cheese, Vege Sticks</b>	<b>Rainbow Salad</b>	<b>Banana Bread and Fruit</b>
<b>options</b>	Puff pastry, beef sausage, carrot, cucumber, snowpeas, corn	Popcorn, apples, oranges, pineapple, watermelon	Rice cakes, ham, cheese, apples, pineapple, watermelon, oranges	Tomato, carrot, corn, cheese, spinach, beetroot, croutons, thousand island dressing	Banana bread, apples, oranges, pineapple, watermelon
<b>G/V/D/N</b>	<b>V- Vegan sausage rolls</b>		<b>D- Bio cheese</b>	<b>D- Bio cheese</b>	<b>E- Rice wheels</b>
<b>LATE SNACK</b>	<b>Dried Fruit Platter</b>	<b>Flat Bread, Vege Sticks and Dip</b>	<b>Corn on the Cob</b>	<b>Strawberry Smoothies</b>	<b>Corn Fritters</b>
<b>G/V/D/N</b>	<b>N- Apples</b>	<b>D- Salsa</b>		<b>D- Soy yoghurt/ milk</b>	
<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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