



MENU PLAN

WK: 7 TERM: 4 DATE: 15/11/21

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
BREAKFAST	Corn Fritters	Croissants	Muesli, yoghurt/berries	Toast	Mango smoothies
options		Butter, Jam	Muesli, Yoghurt and frozen berries	Wholemeal bread, jam, honey, vegemite	Mango, milk, yoghurt
G/V/D/N	G-GF bread	G- GF bread	G/N cereal D-Rice milk	G- GF bread	D-rice milk / coconut yoghurt
AFTERNOON TEA	Chicken Noodles	Spring Rolls and veggie sticks	Nachos	Yoghurt Berry Cones	Rice cakes, ham, cheese, veggie sticks
options	Noodles, chicken, chicken stock, peas, corn, carrot	Spring rolls, carrot, cucumber, corn,	Taco seasoning, beef minces, beans, salsa, sour cream, corn chips grated cheese	Yoghurt, frozen berries, ice cream cones, peaches, fruit	Flavoured rice cakes, ham, cheese, carrot, cucumber, corn,
G/V/D/N	GF-GFpasta V- No chicken		GF-Corn chips V-Vegetarian minces D-Bio cheese no sour cream	GF -GF cones D-coconut yoghurt	GF- GF rice cakes D-Bio cheese
LATE SNACK	Milo	Frozen Bites	Fruit Salad	Flat bread, veggies and onion dip	Friday Fun cereal
G/V/D/N	D/S rice milk GF-Organic drinking powder	D/coconut yoghurt and berries		GF-GF wraps E-no onion dip	D-rice milk GF-corn flakes
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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