



MENU PLAN

WK: 8 TERM: 4 DATE: 22/11/21

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	Toast	Crumpets	Ham/Cheese Toasties	Toast	Milo
options	Wholemeal bread, jam, honey, vegemite	Butter, Jam, honey	Ham,cheese, bread	Wholemeal bread, jam, honey, vegemite	Milk, milo
G/V/D/N	G-GF bread	G- GF bread	GF- GF Bread	G- GF bread	GF-Organic drinking powder D-rice milk
AFTERNOON TEA	Pita bread / veggie sticks, dip	Weetbix crumble/yoghurt/fruit	National Fairy Bread Day / Fruit	Sushi bowls	Cheesy Garlic Bread & veggie sticks
options	Pita bread, carrots, cucumber, onion dip, salsa	Weetbix crumble, yoghurt, watermelon, pineapple, apples, oranges	Fairy Bread, watermelon, pineapple, apples, oranges	Rice, seaweed, soy sauce, chicken, tuna, carrots, cucumber.	Turkish bread, cheese, garlic, cucumber, carrot, corn.
G/V/D/N	GF-GF bread E-salsa dip	GF- GF arrowroot biscuits D-Coconut yoghurt	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	Yoghurt / Peaches	Mini antipasto platter	Ham/cheese /rice crackers	Dried Fruit Platter	Mr chen's dumplings
G/V/D/N	D-coconut yoghurt	GF - GF rice crackers V- no meat	GF- Rice crackers D-Bio Cheese V-no ham	N - apples	V- Fajtal
SMASH			Making ice cream		

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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