



MENU PLAN

WK: 10 TERM: 4 DATE: 06/12/21

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	Yoghurt and Berries	Quesadillas	Muffins	Crumpets	Fun Friday Cereal
options	Yoghurt and frozen berries	Tortillas, cheese, ham	English muffins, nuttelex, honey, jam, vegemite	Crumpets, nuttelex, honey, jam, vegemite	Milo, nutrigrain, fruity bites, cheerios
G/V/D/N	D- Soy yoghurt	D- Bio cheese	G- GF bread	G- GF bread	D- Soy milk
AFTERNOON TEA	Pizza Scrolls	Banana Bread and Fruit	Fried Rice	Popcorn and Fruit	Antipasto Platter
options	Puff pastry, pizza sauce, cheese, ham, pineapple	Banana bread, watermelon, peaches, apples, oranges	Rice, GF soy sauce, frozen veggies, ham	Popcorn, watermelon, peaches, apples, oranges	Flat bread, ham, cabanossi, salami, carrot, cucumber, corn, cheese
G/V/D/N	D- Bio cheese	E- Rice wheels			D- Bio cheese
LATE SNACK	Edamame	Veggie Sticks and Onion Dip	Mango Magic Smoothies	Veggie Dumplings	Fruit Skewers
G/V/D/N	S- Veggie sticks	D- salsa	D- Soy milk		
SMASH					
G/V/D/N					

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

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