



MENU PLAN

WK: 11 TERM: 4 DATE: 13/12/21

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	Magic Monday Cereal	Toasties	Mixed Berry Smoothies	Banana Pancakes	
options	Milo, nutrigrain, cheerios, fruity bites	Wholemeal bread, cheese, ham	Mixed berries, yoghurt, honey, milk	Pancakes, banana, golden syrup	
G/V/D/N	D- Soy milk	G- GF Bread D- Bio cheese	D- Soy yoghurt, soy milk		
AFTERNOON TEA	Spring Rolls and Veggie Sticks	Popcorn and Fruit	Antipasto Platter	Party Pies and Sausage Rolls and Veggie Sticks	
options	Spring rolls, carrot, cucumber, corn	Popcorn, watermelon, apples, oranges, peaches	Flat bread, ham, salami, cabanossi, cheese, carrot, cucumber, corn	Party pies, sausage rolls, carrots, cucumber, corn BBQ, Tomato sauce	Vacation Care
G/V/D/N	N- Rice wheels		N- Ham D- Bio cheese	V- Vegetarian Sausage Rolls	
LATE SNACK	Dried Fruit Platter	Veggie Sticks and Onion Dip	Milk Arrowroot Biscuits and Milk	Waffle Cones with Yoghurt and Berries	
G/V/D/N	N- Apples	D- Salsa	D- Soy milk	D- Soy yoghurt	
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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