



# MENU PLAN

WK: 9 TERM: 4 DATE: 29/11/21

**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>Cinnamon toast</b>	<b>Wonderful Wednesday Cereal</b>	<b>Toast</b>	<b>Mango / peach yoghurt</b>
<b>options</b>	Wholemeal bread, jam, honey, vegemite	Toast, butter, cinnamon/sugar mix	Milo, nutri-grain, fruity bites, cheerios	Wholemeal bread, jam, honey, vegemite	
<b>G/V/D/N</b>	G-GF bread	G- GF bread	D- Soy/ rice milk	G- GF bread	D-Rice milk, coconut yoghurt
<b>AFTERNOON TEA</b>	<b>Popcorn / Fruit</b>	<b>Crackers, Ham, Cheese and Veggie Sticks</b>	<b>Burrito bowls</b>	<b>Butter Chicken</b>	<b>Chicken Burgers</b>
<b>options</b>	Popcorn, watermelon, pineapple, apples, oranges	Crackers, ham, cheese, carrot, cucumber, snow peas	Minces, taco seasoning, lettuce, tomatoes, grated cheese, tortilla wraps	Rice, butter chicken sauce, chicken, beans	Bread rolls, lettuce, tomatoes, sliced cheese, BBQ sauce, Tomato sauce
<b>G/V/D/N</b>		D- Bio cheese	GF- Tortilla wraps V - Vegetarian minces D-Bio cheese	N-soy sauce chicken	GF- GF rice cakes D-Bio cheese
<b>LATE SNACK</b>	<b>Ham/cheese /rice crackers</b>	<b>Milo and Apples</b>	<b>Banana Chips and Milk</b>	<b>Frozen Fruit Bites</b>	<b>Corn on a cob</b>
<b>G/V/D/N</b>	GF- Rice crackers D-Bio Cheese V-no ham	GF_drinking organic chocolate D-rice milk/soy milk	Banana- Apple D- Soy milk	D- Soy yoghurt	
<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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