



# MENU PLAN

WK: 3 TERM: 1 DATE: 14/02/22

**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>Quesadillas</b>	<b>Yoghurt &amp; Peaches</b>	<b>Croissants</b>	<b>Crumpets</b>
<b>options</b>	Wholemeal bread, nuttelex, honey, jam, vegemite	Tortillas, ham, cheese	Vanilla yoghurt, peaches	Nuttelex, honey, jam, vegemite, ham, cheese	Crumpets, nuttelex, jam, honey, vegemite
<b>G/N/S/D/N/E</b>	GF- GF bread	GF- GF tortillas V-no ham L- lactose free cheese	L- lactose free yoghurt	GF- GF bread V- no ham L- lactose free cheese	GF- GF bread
<b>AFTERNOON TEA</b>	<b>Cheesy Garlic Bread &amp; Veggie Sticks</b>	<b>Fried Rice</b>	<b>OOSH-Made Sausage Rolls &amp; Veggie Sticks</b>	<b>Rice Cakes, Ham, Cheese &amp; Veggies</b>	<b>Blueberry Vanilla Cupcakes &amp; Fruit</b>
<b>options</b>	Turkish bread, minced garlic, cheese, carrots, cucumbers, capsicum	Rice, peas, corn, carrot, bacon, GF soy sauce	Sausages, puff pastry, carrots, cucumbers	Sour cream & chives/Salt & vinegar rice cakes, ham, cheese, carrots, cucumbers, corn	Cupcakes, apples, pears, oranges, watermelon
<b>G/N/S/D/N/E</b>	GF- GF bread L- lactose free cheese	GF- GF soy sauce V- no bacon	GF- GF sausage roll V- meat-free sausage roll	GF- GF rice cakes V- falafel L- lactose free cheese	GF/D- rice wheels
<b>LATE SNACK</b>	<b>Frozen Fruit Bites</b>	<b>Soya Crisps &amp; Fruit</b>	<b>Pretzels, Cheese &amp; Sultanas</b>	<b>Spinach &amp; Feta Gozleme</b>	<b>Edamame</b>
<b>G/N/S/D/N/E</b>	L- lactose free yoghurt	GF/N/s- fruit only	GF- GF rice crackers L- lactose free cheese N- no sultanas (apples)	GF- plain Sakata rice crackers L- lactose free cheese	S- apples
<b>SMASH</b>	<b>M&amp;MS</b>			<b>IGA Excursion</b>	

GF: Gluten Free    V: Vegetarian    S: Soy Free    D: Dairy Free    N: Nut Free    E: Egg Free    L: Lactose Free

Menu based on information from the Australian Dietary Guidelines 2013