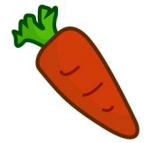




MENUPLAN

WK: 2 TERM: 1 DATE: 07/02/22

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
BREAKFAST	Toasties	Muesli, Yoghurt & Berries	Wicked Wednesday Cereal	Cinnamon Toast	Banana Pancakes
options	Wholemeal bread, ham, cheese	Muesli, vanilla/strawberry yoghurt, frozen mixed berries	Milo, fruity bites, nutrigrain	Wholemeal bread, nuttelex, cinnamon/sugar mix	Banana, pancakes, maple syrup
G/N/S/D/N/E	GF- GF bread V- no ham D- lactose free cheese	GF- no muesli GF- GF rice puff, XO cereal D- lactose free yoghurt	GF- GF cereal D/S- soy/rice milk	GF- GF bread	GF- GF toast D/E- toast
AFTERNOON TEA	Burritos	Banana Bread & Fruit	Popcorn & Fruit	OOSH-Made Sausage Rolls & Veggie Sticks	Antipasto Platter
options	Tortillas, beef mince, taco seasoning, lettuce, tomato, cheese, salsa	Banana bread, apples, pears, watermelon, pineapple	Popcorn, apples, pears, oranges, watermelon, pineapple	Puff pastry, beef sausages, carrots, cucumbers, corn	Cheese cubes, ham, salami, cabanossi, carrots, cucumbers, rice crackers
G/N/S/D/N/E	GF/S- GF tortillas V- vegan mince D- lactose free cheese	GF- GF banana bread E/D- rice wheels	D - nuttelex	GF- sausage / GF bread V- falafel	GF/S- GF; plain Sakata Rice Cracker V- falafel D- lactose free cheese
LATE SNACK	Dried Fruit Platter	Corn on a Cob	Ham, Cheese & Crackers	Mixed Berry Smoothies	Milo
G/N/S/D/N/E	GF/D/S/N- no sultanas		V- no ham GF - plain Sakata Rice Crackers D- lactose free cheese	D- lactose free milk, lactose free yoghurt	GF- organic drinking powder/ Nesquik D - lactose free milk
SMASH					

G/V/S/D/N/E					
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