



# MENU PLAN

WK: 1 TERM: 1 DATE: 01/02/22

**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>Vacation Care</b>	<b>Toast</b>	<b>Mango Smoothies</b>	<b>Grilled Cheese</b>	<b>Yoghurt &amp; Berries</b>
<b>options</b>		Wholemeal bread, nuttelex, honey, jam, vegemite	Frozen mango, milk, mango yoghurt	Wholemeal bread, cheese	Vanilla/strawberry yoghurt, mixed frozen berries
<b>G/N/S/D/N/E</b>		GF- GF bread GF XO crunch cocoa/corn flakes	D- lactose milk/yoghurt GF XO crunch cocoa/corn flakes	GF- GF bread D- bio cheese GF XO crunch cocoa/corn flakes	D- lactose yoghurt
<b>AFTERNOON TEA</b>		<b>Fried Rice</b>	<b>Spring Rolls &amp; Veggie Sticks</b>	<b>Muesli, yoghurt, fruit</b>	<b>Chicken Caesar Salad</b>
<b>options</b>		Rice, peas, corn, carrot, ham, GF soy sauce	Veggie spring rolls, carrots, cucumbers, corn	Muesli, yoghurt, apples, pears, watermelon, pineapple	Lettuce, chicken, bacon, croutons, caesar dressing
<b>G/N/S/D/N/E</b>		V- no ham GF- soy sauce	GF- rice wheels	GF- GF Muesli D- Lactose milk	GF/D- no croutons D/E- no dressing
<b>LATE SNACK</b>		<b>Frozen Fruit Bites</b>	<b>Arrowroot Biscuits &amp; Milk</b>	<b>Flat Bread, Veggie Sticks &amp; Hummus</b>	<b>Popcorn</b>
<b>G/N/S/D/N/E</b>		D- soy yoghurt	GF/D/S- GF arrowroot biscuit D/S- lactose milk	GF- no flat bread D- salsa	
<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>GF/S/D/N/E</b>					
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