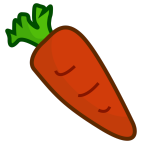




# MENU PLAN

WK: 4 TERM: 1 DATE: 21/02/22



**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>Mango Smoothies</b>	<b>Terrific Tuesday Cereal</b>	<b>Hash Browns</b>	<b>Toast</b>	<b>Toasties</b>
<b>options</b>	Frozen mango, milk, mango yoghurt	Milo, nutrigrain, fruity bites	Hash browns, tomato/BBQ sauce	Wholemeal bread, nuttelex, honey, jam, vegemite	Wholemeal bread, ham, cheese
<b>G/V/S/D/N/E</b>	L- lactose free milk / lactose free yoghurt	GF- GF rice puffs, XO crunch cereal		GF- GF bread	GF- GF bread V- no ham L- lactose free cheese
<b>AFTERNOON TEA</b>	<b>Sushi Bowls</b>	<b>Popcorn &amp; Fruit</b>	<b>Weetbix Crumble with Yoghurt &amp; Fruit</b>	<b>Spring Rolls &amp; Veggies</b>	<b>Honey Joys &amp; Fruit</b>
<b>options</b>	Nori paper, sushi rice, GF soy sauce, chicken, tuna, carrots, cucumbers	Popcorn, apples, pears, oranges, watermelon, pineapple	Weetbix crumble, yoghurt, apples, pears, peaches	Veggie spring rolls, carrots, cucumbers, corn	Honey joys, apples, pears, oranges, watermelon, pineapple
<b>G/V/S/D/N/E</b>	GF- GF soy sauce		GF- GF arrowroot biscuits L- lactose free yoghurt	GF- GF spring rolls	GF/D/N/L- rice wheels
<b>LATE SNACK</b>	<b>Milo</b>	<b>Flat Bread, Veggie Sticks &amp; Dips</b>	<b>Mr Chen's Dumplings</b>	<b>Ham, Cheese &amp; Crackers</b>	<b>Spinach &amp; Feta Gozleme</b>
<b>G/V/S/D/N/E</b>	GF- organic drinking powder/ Nesquik L- lactose free milk	GF- GF wrap D/L- salsa	GF- GF rice wheels V- falafel	GF/S- plain crackers V- falafel L- lactose free cheese	GF/L- plain Sakata rice crackers
<b>SMASH</b>					
<b>G/V/S/D/N/E</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

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