



MENU PLAN

WK: 5 TERM: 1 DATE: 28/02/22

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	Muffins	Potato Gems	Mixed Berry Smoothies	Grilled Cheese	Yoghurt & Berries
options	English muffins, nuttalex, honey, jam, vegemite	Potato gems, tomato/BBQ sauce	Frozen berries, milk, yoghurt	Wholemeal bread, cheese	Vanilla/strawberry yoghurt, mixed frozen berries
G/V/S/D/N/E	GF- GF bread GF- XO crunch cocoa/corn flakes		L- lactose free milk/yoghurt GF- XO crunch cocoa/corn flakes	GF- GF bread L- lactose free cheese GF- XO crunch cocoa/corn flakes	L- lactose free yoghurt
AFTERNOON TEA	Chicken Caesar Salad	Yoghurt Berry Cones	Antipasto Platter	ANZAC Biscuits & Fruit	Cheese/Vegemite Scrolls & Veggie Sticks
options	Lettuce, chicken, bacon, croutons, caesar dressing	Vanilla/mango/strawberry yoghurt, frozen berries, ice cream cones	Cheese cubes, ham, salami, cabanossi, carrots, cucumbers, rice crackers	ANZAC biscuits, apples, pears, watermelon, pineapple	Puff pastry, vegemite, cheese, carrots, cucumbers
G/V/S/D/N/E	GF/N- no croutons E/L- no dressing	GF- GF cones L- lactose free yoghurt	GF/L- plain Sakata crackers L- lactose free cheese V- falafel	GF/L- rice wheels	GF- GF puff pastry L- lactose free cheese
LATE SNACK	Frozen Fruit Bites	Corn on a Cob	Arrowroot Biscuits & Milk	Flat Bread, Veggie Sticks & Hummus	Popcorn
G/V/S/D/N/E	L- lactose free yoghurt		GF/D/S- GF arrowroot biscuit L- lactose free milk	GF- GF wrap D/L- salsa	
SMASH					
G/V/S/D/N/E					

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