



MENU PLAN

WK: 6 TERM: 1 DATE: 07/03/22

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	Muesli, Yoghurt & Berries	Toasties	Croissants	Cinnamon Toast	Muffins
options	Muesli, vanilla/strawberry yoghurt, frozen mixed berries	Wholemeal bread, ham, cheese	Nuttex, honey, jam, vegemite, ham, cheese	Wholemeal bread, nuttex, cinnamon/sugar mix	English muffins, nuttex, honey, jam, vegemite
G/V/S/D/N/E	GF- no muesli / GF cereal L- lactose free yoghurt	GF- GF bread V- no ham L- lactose free cheese	GF- GF croissant V- no ham L- lactose free cheese	GF- GF bread	GF- GF bread GF- XO crunch cocoa/corn flakes
AFTERNOON TEA	Pizza Scrolls & Veggie Sticks	Back to Front Day	Nachos	Banana Bread & Fruit	Spring Rolls & Veggies
options	Puff pastry, cheese, ham, pineapple, carrots, cucumbers	Cereal: milo, nutri grain, fruity bites, weet bix bites, cheerios	Corn chips, beef mince, taco seasoning, lettuce, tomato, cheese, salsa	Banana bread, apples, pears, watermelon, pineapple	Spring rolls, carrots, cucumbers, corn
G/V/S/D/N/E	GF GF puff pastry V- cheese pizza L- lactose free cheese	GF- GF cereals (cornflakes, XO crunch) L- lactose free milk	GF- GF taco seasoning, GF tortillas V- vegan mince L- lactose free cheese	GF- GF banana bread E/D- rice wheels	GF- GF rice cakes V- falafel L- lactose free cheese
LATE SNACK	Dried Fruit Platter	Watermelon Pops	Ham, Cheese & Crackers	Mixed Berry Smoothies	Milo
G/V/S/D/N/E	GF/D/S/N- no sultanas		V- no ham GF - plain Sakata Rice Crackers L- lactose free cheese	L- lactose free milk, lactose free yoghurt	GF- organic drinking powder/ Nesquik D - lactose free milk
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