



MENU PLAN

WK: 8 TERM: 1 DATE: 21/03/22

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	Mango Smoothies	Terrific Tuesday Cereal	Hash Browns	Yoghurt & Peaches	Toasties
options	Frozen mango, milk, mango yoghurt	Milo, nutrigrain, fruity bites	Hash browns, tomato/BBQ sauce	Vanilla yoghurt, peaches	Wholemeal bread, ham, cheese
G/V/S/D/N/E	L- lactose free milk / lactose free yoghurt	GF- GF rice puffs, XO crunch cereal		L- lactose free yoghurt	GF- GF bread V- no ham L- lactose free cheese
AFTERNOON TEA	OOSH-Made Chicken Nuggets & Veggies	Popcorn & Fruit	Rice Cakes, Ham, Cheese & Veggie Sticks	Lasagna	Healthy Chocolate Muffins & Fruit
options	Chicken, breadcrumbs, cheese tomato/BBQ sauce, carrots, cucumbers, corn	Popcorn, apples, pears, oranges, watermelon, pineapple	Rice cakes, ham, cheese, carrots, cucumbers, capsicums	Lasagne sheets, bolognese mince, spinach & ricotta, cheese	Zucchini chocolate muffins, apples, pears, pineapple
G/V/S/D/N/E	GF- GF chicken bites L- lactose free cheese V- meat-free nuggets		GF- original corn thins L- lactose free cheese V- no ham	GF- GF pasta V- veggie lasagna L- lactose free cheese	GF/E/L- rice wheels
LATE SNACK	Milo	Flat Bread, Veggie Sticks & Dips	Watermelon Pops	Corn on the Cob	Spinach & Feta Gozleme
G/V/S/D/N/E	GF- organic drinking powder/ Nesquik L- lactose free milk	GF- GF wrap D/L- salsa			GF/L- plain Sakata rice crackers
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