



MENU PLAN

WK: 7 TERM: 1 DATE: 14/03/22

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	Pancakes & Berries	Quesadillas	Yoghurt & Muesli	Toast	Crumpets
options	Pancakes, maple syrup, frozen mixed berries	Tortillas, ham, cheese	Muesli, vanilla/strawberry yoghurt, frozen mixed berries	Wholemeal bread, nuttelex, honey, jam, vegemite	Crumpets, nuttelex, jam, honey, vegemite
G/V/S/D/N/E	GF/D/E/L - yoghurt & berries	GF- GF tortillas V-no ham L- lactose free cheese	GF- GF muesli L- lactose free yoghurt	GF- GF bread	GF- GF bread
AFTERNOON TEA	Cheesy Garlic Bread & Veggie Sticks	Fried Rice	OOSH-Made Sausage Rolls & Veggie Sticks	Weetbix Crumble with Yoghurt & Fruit	Sushi Bowls
options	Turkish bread, minced garlic, cheese, carrots, cucumbers, capsicum	Rice, peas, corn, carrot, bacon, GF soy sauce	Sausages, puff pastry, carrots, cucumbers	Weetbix crumble, yoghurt, apples, pears, watermelon	Nori paper, sushi rice, GF soy sauce, chicken, tuna, carrots, cucumbers
G/V/S/D/N/E	GF- GF bread L- lactose free cheese	GF- GF soy sauce V- no bacon	GF- GF sausage roll V- meat-free sausage roll	GF- GF arrowroot biscuits L- lactose free yoghurt	GF- GF soy sauce
LATE SNACK	Mr Chen's Dumplings	Mango Magic Smoothies	Pretzels, Cheese & Sultanas	Soya Crisps & Fruit	Frozen Fruit Bites
G/V/S/D/N/E	V- falafel	L- lactose free milk, lactose free yoghurt	GF- GF rice crackers L- lactose free cheese N- no sultanas (apples)	GF/N- rice wheels	L- lactose free yoghurt
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

Evaluation

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>					
Did they like it?					
Quantity of food					
Changes for next time					
<u>Afternoon Tea</u>					
Did they like it?					
Quantity of food					
Changes for next time					
<u>Late Snack</u>					
Did they like it?					
Quantity of food					
Changes for next time					

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Menu based on information from the Australian Dietary Guidelines 2013

Menu Instructions:

Monday:

Tuesday:

Cook rice in the morning

Wednesday:

Thursday:

Cook mince in the morning

Friday:

Combine muffin mixture ingredients in the morning