



MENU PLAN

WK: 9 TERM: 1 DATE: 28/03/22

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	Muffins	Corn Fritters	Yoghurt & Peaches	Potato Gems	Mixed Berry Smoothies
options	English muffins, nuttelex, honey, jam, vegemite	Corn fritters, salsa	Vanilla/strawberry yoghurt, peach slices	Potato gems, tomato/BBQ sauce	Frozen berries, milk, yoghurt
G/V/S/D/N/E	GF- GF bread GF- XO crunch cocoa/corn flakes	GF- GF toast	L- lactose free yoghurt	GF- GF hash brown	L- lactose free milk/yoghurt
AFTERNOON TEA	Antipasto Platter	Yoghurt Berry Cones	OOSH-Made Pizza & Veggie Sticks	Honey Joys & Fruit	Cheese/Vegemite Scrolls & Veggie Sticks
options	Cheese cubes, ham, salami, cabanossi, carrots, cucumbers, rice crackers	Vanilla/mango/strawberry yoghurt, frozen berries, ice cream cones	Turkish bread, pizza sauce, cheese, ham, pineapple, pepperoni, carrots, cucumbers	Honey joys, apples, pears, oranges, watermelon, pineapple	Puff pastry, vegemite, cheese, carrots, cucumbers
G/V/S/D/N/E	GF/L- plain Sakata crackers L- lactose free cheese V- falafel	GF- GF cones L- lactose free yoghurt	GF- GF pizza base V- cheese pizza L- lactose free cheese	GF/D/N- rice wheels	GF- GF puff pastry L- lactose free cheese
LATE SNACK	Frozen Fruit Bites	Edamame	Arrowroot Biscuits & Milk	Guacamole & Tortilla Chips	Popcorn
G/V/S/D/N/E	L- lactose free yoghurt		GF/D/S- GF arrowroot biscuit L- 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