



MENU PLAN

WK: 3 TERM: 2 DATE: 09/05/22

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	Crumpets	Toasties	Wild Wednesday Cereal	Croissants	Pancakes & Berries
options	Crumpets, nuttelex, honey, jam, vegemite	Wholemeal bread, ham, cheese	Milo, fruity bites, nutrigrain	Nuttelex, honey, jam, vegemite, ham, cheese	Pancakes maple syrup, frozen mixed berries
G/V/S/D/N/E	GF- GF bread	GF- GF bread V- no ham L- lactose free cheese	GF- GF cereal L- lactose free milk	GF- GF croissant V- no ham L- lactose free cheese	GF/D/E/L- yoghurt & berries
AFTERNOON TEA	Honey Joys & Fruit	Burritos	Rice Cakes, Ham, Cheese & Veggie Sticks	Healthy Chocolate Muffins & Fruit	Spring Rolls & Veggies
options	Honey joys, apples, pears, oranges, watermelon, pineapple	Tortillas, beef mince, taco seasoning, lettuce, tomato, cheese, salsa	Rice cakes, ham, cheese, carrots, cucumbers, capsicums	Chocolate zucchini muffins, apples, pears, watermelon	Spring rolls, sweet chili, carrots, cucumbers, corn
G/V/S/D/N/E	GF- GF corn flakes L- rice wheels	GF- GF tortillas V- vegan mince L - lactose free cheese	V- no ham L- lactose free cheese	GF/E/L- rice wheels	GF- GF rice cakes V- falafel L- lactose free cheese
LATE SNACK	Tortilla Chips & Guacamole	Custard & Berries	Pretzels, Cheese & Sultanas	Mr Chen's Dumplings	Popcorn
G/V/S/D/N/E		L- lactose free yoghurt & berries	GF/D/S/N- no sultanas	V- falafel	
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