



MENU PLAN

WK: 2 TERM: 2 DATE: 02/05/22

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 | Muffins | Yoghurt, Muesli & Berries | Mixed Berry Smoothies | Cinnamon Toast | Potato Gems |
| options | English muffins, nuttelex, honey, jam, vegemite | Muesli, vanilla/strawberry yoghurt, frozen mixed berries | Frozen berries, milk, yoghurt | Wholemeal bread, nuttelex, cinnamon/sugar mix | Potato gems, tomato/BBQ sauce |
| G/V/S/D/N/E | GF- GF bread | GF- GF muesli L- lactose free yoghurt | L- lactose free milk/yoghurt | GF- GF bread | |
| AFTERNOON TEA | OOSH-Made Pizza & Veggie Sticks | Popcorn & Fruit | Antipasto Platter | Healthy Chicken Burgers | Weetbix Crumble with Yoghurt & Fruit |
| options | Turkish bread, pizza sauce, cheese, ham, pineapple, pepperoni, cucumbers, carrots | Popcorn, apples, pears, oranges, watermelon, pineapple | Cheese cubes, ham, salami, cabanossi, carrots, cucumbers, rice crackers | Chicken schnitzel, burger bun, cheese, tomato, lettuce, tomato/BBQ sauce | Weetbix crumble, yoghurt, apples, pears, peaches |
| G/V/S/D/N/E | GF- GF pizza base V- cheese pizza L- lactose free cheese | | GF/L- plain Sakata crackers L- lactose free cheese V- falafel | GF- GF bun, GF chicken schnitzel L- lactose free cheese V- veggie burger | GF- GF arrowroot biscuits L- lactose free yoghurt |
| LATE SNACK | Dried Fruit Platter | Corn on a Cob | Milo | Soya Crisps & Fruit | Ham, Cheese & Crackers |
| G/V/S/D/N/E | GF/D/S/N- no sultanas | | GF- Nesquik L- lactose free milk | GF/N- rice wheels | GF/S- plain/BBQ crackers V- no ham L- lactose free cheese |
| 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 | | | | | |

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|-----------------------|--|--|--|--|--|
| Changes for next time | | | | | |
|-----------------------|--|--|--|--|--|

Menu Instructions:

Monday:

Cut up veggies in the morning

Friday:

Mix together weetbix crumble ingredients



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 | Pikelets & Berries |
| options | Crumpets, nuttelex, honey, jam, vegemite | Wholemeal bread, ham, cheese | Milo, fruity bites, nutrigrain | Nuttelex, honey, jam, vegemite, ham, cheese | Pikelets, jam, honey, 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 | Healthy Chocolate Muffins & Fruit | Rice Cakes, Ham, Cheese & Veggie Sticks | Spring Rolls & Veggies |
| options | Honey joys, apples, pears, oranges, watermelon, pineapple | Tortillas, beef mince, taco seasoning, lettuce, tomato, cheese, salsa | Chocolate zucchini muffins, apples, pears, watermelon | Rice cakes, ham, cheese, carrots, cucumbers, capsicums | Spring rolls, 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 | GF/E/L- rice wheels | V- no ham L- lactose free cheese | GF- GF rice cakes V- falafel L- lactose free cheese |
| LATE SNACK | Tortilla Chips & Guacamole | Custard & Berries | Mr Chen's Dumplings | Pretzels, Cheese & Sultanas | Popcorn |
| G/V/S/D/N/E | | L- lactose free yoghurt & berries | V- falafel | GF/D/S/N- no sultanas | |
| SMASH | | | | | |
| G/V/S/D/N/E | | | | | |

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Menu based on information from the Australian Dietary Guidelines 2013

Evaluation

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|-----------------------|--------|---------|-----------|----------|--------|
| <u>Breakfast</u> | | | | | |
| Did they like it? | | | | | |
| Quantity of food | | | | | |
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| <u>Afternoon Tea</u> | | | | | |
| Did they like it? | | | | | |
| Quantity of food | | | | | |
| Changes for next time | | | | | |
| <u>Late Snack</u> | | | | | |
| Did they like it? | | | | | |
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Menu Instructions:

Wednesday:

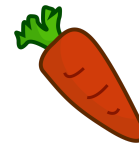
Mix muffin ingredients in the morning



MENU PLAN

WK: 4 TERM: 2 DATE: 16/05/22

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 | Muesli, Yoghurt & Berries | Hash Browns | Yoghurt & Peaches | Toast | Quesadillas |
| options | Muesli, vanilla/strawberry yoghurt, frozen mixed berries | Hash browns, tomato/BBQ sauce | Vanilla/mango yoghurt, peaches | Wholemeal bread, nuttalex, honey, jam, vegemite | Tortillas, ham, cheese |
| G/V/S/D/N/E | GF- GF muesli L- lactose free yoghurt | GF- GF hash browns | L- lactose free yoghurt | GF- GF bread | GF- GF tortillas V-no ham L- lactose free cheese |
| AFTERNOON TEA | Cheesy Garlic Bread & Veggie Sticks | Fried Rice | OOSH-Made Sausage Rolls & Veggie Sticks | Banana Bread & Fruit | Chicken Caesar Salad |
| options | Turkish bread, minced garlic, cheese, carrots, cucumbers, capsicum | Rice, peas, corn, carrot, bacon, GF soy sauce | Sausages, puff pastry, carrots, cucumbers, tomato/BBQ sauce | Banana bread, apples, pears, oranges, watermelon, pineapple | Lettuce, chicken, bacon, croutons, caesar dressing |
| 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 banana bread D/E- rice wheels | GF/N- no croutons E/L- no dressing |
| LATE SNACK | Spinach & Feta Gozleme | Roast Veggies | Arrowroot Biscuits & Milk | Ham, Cheese & Crackers | Dried Fruit Platter |
| G/V/S/D/N/E | GF- sakata crackers & cheese LF- lactose free cheese | | GF- GF arrowroot biscuit L- lactose free milk | GF/S- plain/BBQ crackers V- no ham L- lactose free cheese | L- lactose free yoghurt |
| SMASH | | | | | |
| G/V/S/D/N/E | | | | | |

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| Quantity of food | | | | | |
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| <u>Afternoon Tea</u> | | | | | |
| Did they like it? | | | | | |
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| Changes for next time | | | | | |
| <u>Late Snack</u> | | | | | |
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|-----------------------|--|--|--|--|--|

Menu Instructions:

Tuesday:

Cook rice in the morning

Thursday:

Mix wet and dry banana bread ingredients separately in the morning



MENU PLAN

WK: 5 TERM: 2 DATE: 23/05/22

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 | English Muffins | Terrific Tuesday Cereal | Croissants | Waffles & Berries | Grilled Cheese |
| options | English muffins, nuttelex, jam, honey, vegemite | Milo, nutrigrain, fruity bites | Croissants, nuttelex, jam, ham, cheese | Waffles, maple syrup, frozen mixed berries | Wholemeal bread, ham, cheese |
| G/V/S/D/N/E | GF- GF bread | GF- GF rice puffs, XO crunch cereal | GF- GF croissant V- no ham L- lactose free cheese | GF/D/E/L- yoghurt & berries | GF- GF bread V- no ham L- lactose free cheese |
| AFTERNOON TEA | Sushi Bowls | OOSH-Made Chicken Nuggets & Veggies | Popcorn & Fruit | Cheese/Vegemite Scrolls & Veggie Sticks | Raspberry Vanilla Muffins & Fruit |
| options | Nori paper, sushi rice, GF soy sauce, chicken, tuna, carrots, cucumbers | Chicken, breadcrumbs, cheese tomato/bbq sauce, carrots, cucumbers, corn | Popcorn, apples, pears, oranges, watermelon, pineapple | Puff pastry, vegemite, cheese, carrots, cucumbers | Muffins, apples, pears, oranges, watermelon, pineapple |
| G/V/S/D/N/E | GF- GF soy sauce | GF- GF chicken bites L- lactose free cheese V- meat-free nuggets | | GF- GF puff pastry L- lactose free cheese | GF/D/L- rice wheels |
| LATE SNACK | Hot Chocolate | Custard & Berries | Flat Bread, Veggie Sticks & Dips | Soya Crisps & Fruit | Corn on the Cob |
| G/V/S/D/N/E | GF- Nesquik L- lactose free milk | L- lactose free yoghurt & berries | GF- GF wrap D/L- salsa | GF/N- rice wheels | |
| SMASH | | | | | |
| G/V/S/D/N/E | | | | | |

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| 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 | | | | | |

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| Changes for next time | | | | | |
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Menu Instructions:

Monday:

Cook rice in the morning

Tuesday:

Cut up chicken and veggies in the morning

Friday:

Mix muffin ingredients in the morning