



MENU PLAN

WK: 1 TERM: 1 DATE: 29/1/2020

BREAKFAST - A variety of cereals, including gluten free cereal are available every morning

Fresh water is available all day


















	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	PUBLIC HOLIDAY	PFD	Toast	Toast	Toasties
options			Vegemite , jam, honey, butter	Vegemite , jam, honey, butter	Ham/Cheese Cheese
G/V/D/N			G/D/E/N- Bread D-Nuttelex	G/D/E/N-Bread D-Nuttelex	G/D/E/N- Bread D-Bio Cheese V-Cheese
AFTERNOON TEA			Burrito bowls	Antipasto platter	Garlic Bread and veggie sticks
options	PUBLIC HOLIDAY	PFD	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa / tortilla wraps	Ham, salami, cabanossi, capsim, carrot, cucumber, cheese cubes, gherkins, olives	Turkish bread, cloves garlic, cheese
G/V/D/N			G/D/E/N/D- Bread D- Bio Cheese V- vegetarian minces	D- Bio cheese GF/D/S - plain Crackers V -falta	G/N/D/E- bread D- Bio cheese
LATE SNACK			Milk / apples	Strawberry Yoghurt	Crackers/hummus/ Salsa
G/V/D/N			D- Soy milk	D-soy milk D/S - Coconut ice cream	G/DF- Plain crackers N- Salsa
SMASH COOKING					
G/V/D/N					

GF: Gluten Free V: Vegetarian S: Soy Free D: Dairy Free N: Nut Free E: Egg 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					

Menu Instructions:

GF: Gluten Free V: Vegetarian S: Soy Free D: Dairy Free N: Nut Free E: Egg Free

Menu based on information from the Australian Dietary Guidelines 2013

Wednesday - prepare minces in the morning chop onion and cook minces and add taco seasoning saving a packet for the vegetarians

Thursday morning - if quite - cut up veggies - carrot, cucumber, capsim and meat if there is time.

Friday - prepare garlic bread in the morning - spread butter / garlic and add cheese place on trays in the fridge - veggies can be cut in the afternoon while garlic bread is cooking.