



# MENU PLAN

WK: 2 TERM: 1 DATE: 3/2/2020

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

Fresh water is available all day


















	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>Toast</b>	<b>Yoghurt/Berries</b>	<b>Oven baked pancakes</b>	<b>Raisin Toast</b>	<b>Toasties</b>
<b>options</b>	Vegemite , jam, honey, butter	Yoghurt/ berries	Berries, maple syrup	Butter	Spaghetti Toast
<b>G/V/D/N</b>	G/D/E/N- Bread D/S-Nuttelex	D-Soy Milk S-Rice milk	G/D/E/N- Bread D/S-Nuttelex E-Toast	G/D/E/N-Bread D/S-Nuttelex	G/D/E/N- Bread D/S- Nuttalex
<b>AFTERNOON TEA</b>	<b>Fried Rice</b>	<b>Crunchy Noodle Salad / Chicken</b>	<b>Sandwiches</b>	<b>Banana Bread / Fruit</b>	<b>Popcorn and veggies</b>
<b>Options</b>	Rice, Ham, carrots, peas, corn, GF soy sauce	Crunchy noodles, lettuce, asian noodle salad dressing / Chicken	Wholemeal bread, ham/cheese, Vegemite , jam, honey, chicken/lettuce/mayo	Banana bread, Watermelon, pears, oranges,apples, pineapple	Popcorn, veggies, carrots, cucumber and caspism
<b>G/V/D/N</b>	GF - Soy Sauce V-Tofu	GF - No crunchy noodles	G/D/E/N/D- Bread D- Bio Cheese V- cheese	D- Bio cheese GF/D/S - plain Crackers V -faftal	G/N/D/E- bread D- Bio cheese
<b>LATE SNACK</b>	<b>Yoghurt</b>	<b>Crackers, hummus/ salsa</b>	<b>Milo</b>	<b>Ham/cheese Rice Cakes</b>	<b>Cheese, pretzels, sultanas</b>
<b>G/V/D/N</b>	D-Soy Milk S - Rice milk	GF/N - Salsa GF/D/S- Plain crackers	D- Soy milk GF/D - Organic drinking chocolate S- Rice milk / drinking chocolate	D-Bio Cheese GF/D- salt and vinegar rice cakes V - cheese	GF - Plain crackers N-apples
<b>SMASH COOKING</b>					
<b>G/V/D/N</b>					

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

Monday - cook rice in morning. Add all ingredients into electric fry pan and cook in batches. Make a separate batch with no ham for vegetarians.

Wednesday - Pancakes - recipe in folder.

Thursday - Banana bread - prepare batter in morning, cook in afternoon.