



MENU PLAN

WK: 4 TERM: 1 DATE:17/2/2020

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

Fresh water is available all day

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Toast	Yoghurt and Berries	Ham and Cheese Toasties	Fruit Salad	Mango Magic Smoothies
options	Wholemeal bread, margarine, vegemite, honey, jam	Yoghurt, frozen berries	Ham, cheese, bread	Apple, pear, orange	Mango, milk, yoghurt, honey
G/V/D/N	G/D/E/N- GF bread	D- Soy milk	G/D/E/N- GF bread, bio cheese		D- Soy milk
AFTERNOON TEA	Back to Front Day Cereal and Fruit	Colourful Chicken Nachos	Sushi Bowls	Healthy Chicken Burger	Popcorn and Fruit
options	Cereal, milk, fruit	Nacho chips, chicken mince, cheese, tomato, lettuce, corn	Seaweed, rice, carrot, cucumber, capsicum chicken, tuna, GF soy sauce	Iceberg lettuce, chicken burger pattie, tomato, cheese, burger buns, tomato sauce, barbecue sauce	Popcorn, apple, pear, orange, watermelon
G/V/D/N	G/D/E/N- GF Cereal, soy milk	V- Vegan mince D- Bio Cheese	S- No soy sauce V- Tofu	V- Falafels	
LATE SNACK	DIY Greek Salad	Frozen Fruit Bites	Pretzel, Cheese, Sultanas	Milo	Veggie Sticks and Onion Dip
G/V/D/N	D- Bio cheese	D- Soy milk and fruit	D- Bio cheese N- Apple	G/D/E/N- Soy milk, drinking chocolate	G/D/E/N- Salsa
SMASH COOKING					
G/V/D/N					

GF: Gluten Free

V: Vegetarian

D: Dairy Free

N: Nut Free

E: Egg Free

S: Shellfish

Menu based on information from the Australian Dietary Guidelines 2013