



MENU PLAN

WK:6 TERM: 1 DATE: 02/03/2020

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 Frozen Fruit	Toast	Muffins	Mango Magic Smoothies
options	Wholemeal bread, vegemite, honey, jam, nuttelex	Yoghurt, frozen berries, strawberries, mango	Wholemeal bread, vegemite, honey, jam, nuttelex	English muffins, vegemite, honey, jam, nuttelex	Mango, yoghurt, milk
G/V/D/N	G/D/E/N- Bread	D/S- Rice Milk	G/D/E/N- Bread	G/D/E/N- Bread	D/S- Rice Milk
AFTERNOON TEA	Crackers, Ham, Cheese, Veggie Sticks	DIY Asian Salad	Rice Cakes, Ham, Cheese, Veggie Sticks	Spaghetti Bolognese	Cheesy Vegemite Scrolls and Fruit
options	Crackers, ham, cheese, carrot, cucumber, capsicum, snow peas	Lettuce, chicken, cucumber, tomato, carrot, crunchy noodles, dressing	Rice cakes, ham, cheese, carrot, cucumber, capsicum, snowpeas	Mince, pasta, carrot, zucchini,, tinned tomatoes, pasata, parmesan	Puff pastry, cheese, vegemite, apples, oranges, watermelon, pineapple, pears
G/V/D/N	D/S- plain crackers, bio cheese V- Falafel	G- No noodles S- No dressing V- Falafel	D/G- Salt and Vinegar rice cakes, bio cheese S- Corn thins	V- Vegan mince D- Bio cheese	G- Gluten Free Puff Pastry D- Bio cheese
LATE SNACK	Pretzels, Cheese, Sultanas	Milo	Popcorn and Fruit	Banana Chips and Milk	Edamame
G/V/D/N	N- Apple D- Bio Cheese G- Rice Wheels	D/S- Rice milk G- Organic drinking chocolate		G/D/E/N- Apple, Rice milk	S- Cruskits
SMASH COOKING			Pikelets		
G/V/D/N			G/D/E/N- Ice blocks		

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