



# MENU PLAN



WK: 7 TERM: 1 DATE: 09/03/2020

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

Fresh water is available all day

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>Toast</b>	<b>Yoghurt/Berries</b>	<b>Potato Gems</b>	<b>Raisin Toast</b>	<b>Ham Cheese Toasties</b>
<b>options</b>	Vegemite , jam, honey, butter	Yoghurt/ berries	Potato Gems, tomato sauce, BBQ sauce	Butter	Wholemeal bread, ham, cheese
<b>G/V/D/N</b>	G/D/E/N- Bread D/S-Nuttelelex	D-Soy Milk S-Rice milk	G/D/E/N- Bread D/S-Nuttelelex E-Toast	G/D/E/N-Bread D/S-Nuttelelex	G/D/E/N- Bread D/S- Nuttelelex
<b>AFTERNOON TEA</b>	<b>Fried Rice</b>	<b>Crunchy Noodle Salad / Chicken</b>	<b>Antipasto Platter</b>	<b>Banana Bread / Fruit</b>	<b>Popcorn and Fruit</b>
<b>Options</b>	Rice, Ham, carrots, peas, corn, GF soy sauce	Crunchy noodles, lettuce, asian noodle salad dressing / Chicken	Crackers, salami, cabanossi, ham, cheese, carrot, cucumber, gherkins, olives	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- Crackers, ham, cheese, veggies D- Bio Cheese V- Falafel	D- Bio cheese GF/D/S - plain Crackers V -falafel	G/N/D/E- bread D- Bio cheese
<b>LATE SNACK</b>	<b>Frozen Yoghurt Bark</b>	<b>Crackers, hummus/ salsa</b>	<b>Milo</b>	<b>Ham/cheese Rice Cakes</b>	<b>Edamame</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	S- Veggie Sticks
<b>SMASH COOKING</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

<b>G/V/D/N</b>					
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## 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					

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Menu based on information from the Australian Dietary Guidelines 2013

## Menu Instructions:

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.

Tuesday- Cook chicken in morning

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

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