



MENU PLAN

WK:8 TERM:1 DATE:16/03/2020

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	Toast	Yoghurt, Muesli and Frozen Fruit	Corn Fritters	Mixed Berry Smoothies
options	Wholemeal bread, vegemite, honey, jam, nuttelex	Wholemeal bread, vegemite, honey, jam, nuttelex	Yoghurt, muesli, frozen berries, mango, strawberries	Corn fritters, BBQ sauce, Tomato sauce	Milk, yoghurt, mixed berries, honey
G/V/D/N	G/D/E/N- Bread	G/D/E/N- Bread	D/S- Rice Milk N- Yoghurt, fruit	G/D/E/N- Bread	D/S- Rice milk, coconut yoghurt
AFTERNOON TEA	Back to Front Day	Pretzels, Cheese, Sultanas	Sushi Bowls	San Choi Bao	Soy Crisps and Fruit
options	Rice bubbles, corn flakes, cheerios, milo, weetbix, milk	Pretzels, cheese, sultanas	Nori paper, rice, carrot, cucumber, chicken, tuna, ham, GF soy sauce	Lettuce, chicken mince, water chestnuts, carrot, zucchini, garlic, ginger, GF soy sauce, oyster sauce	Soy crisps, apple, oranges, pear, watermelon, pineapple
G/V/D/N	G- GF weetbix D- Soy/ Rice milk	D- Bio cheese N- Apples	S- No soy sauce V- Tofu	S- No soy sauce V- vegan mince	G/D/E/N- Rice wheels S- Cruskits
LATE SNACK	Crackers/ Rice Cakes and Milk	Dried Fruit Platter (Banana, sultanas, apricots, apple)	Milo	Strawberry Yoghurt	Veggie Sticks and Onion Dip
G/V/D/N	G/D- plain crackers, salt and vinegar rice cakes D- Soy/ Rice milk	N- Apples	D/S- Rice milk G- Organic drinking chocolate	D/S- Rice milk, coconut yoghurt	D/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