



MENU PLAN

WK:11 TERM:1 DATE:06/04/2020

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	Muffins	Toast	
options	Wholemeal bread, margarine, vegemite, honey, jam	Yoghurt, frozen berries	English Muffins, margarine, vegemite, honey, jam	Wholemeal bread, margarine, vegemite, honey, jam	Public Holiday
G/V/D/N	G/D/E/N- Bread	D- Soy Milk	G/D/E/N- Bread	G/D/E/N- Bread	
AFTERNOON TEA	Greek Salad with Chicken	Chicken noodle soup	Popcorn and Fruit	Cheesy Vegemite Scrolls and Fruit	
options	Lettuce, tomato, onion, olives, feta, balsamic dressing, chicken	Chicken, noodles, chicken stock, carrot, peas, corn	Popcorn, apples, oranges, pears, watermelon	Puff pastry, vegemite, cheese, apples, watermelon, pineapple, oranges	
G/V/D/N	D- Bio cheese V- Falafel	GF/E Pasta V -Veggie stock		G- GF pastry D- Bio cheese	
LATE SNACK	Dried Fruit Platter	Pretzels, Cheese, Sultanas	Milo	Veggie Sticks and Onion Dip	
G/V/D/N	N- Apples	D- Bio cheese N- Apples	D- Soy milk GF/D - Organic drinking chocolate S- Rice milk / drinking chocolate	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