



MENU PLAN



WK: 2 TERM: 2 DATE: 04/05/2020

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	Fruit Lightsabers	Toast	Strawberry Yoghurt	Corn Fritters	Toast
options	Watermelon, apple, orange, pear, pineapple	Wholemeal bread, vegemite, honey, jam	Strawberry yoghurt	Corn fritters	Wholemeal bread, vegemite, honey, jam
G/V/D/N		G/D/E/N- Bread	D- Soy/ Rice milk	G/D/E/N- Bread	G/D/E/N- Bread
AFTERNOON TEA	Cheesy Vegemite Scrolls and Veggie Sticks	Rainbow Pasta Bake	Cheesy Cauliflower Bake	Enchiladas	Fried Rice
options	Puff pastry, vegemite, cheese	Pasta, mince, carrot, zucchini, pasta sauce, cheese	Cauliflower, cheese	Chicken, tortillas, salsa, cheese, sour cream	Rice, ham, cabanossi, frozen vegetables, GF soy sauce
G/V/D/N	D- Bio cheese G- GF Puff pastry	G- GF Pasta D- Bio Cheese	G/D- Cauliflower	D- Bio cheese V- Vegan mince	N- No cabanossi V- rice, frozen vegetables
LATE SNACK	Milo	Dried Fruit Platter	Rice Cakes	Mixed Berry Smoothies	Banana Chips and Milk
G/V/D/N	D- Soy/ Rice milk G- Cadbury drinking chocolate	G/D/E/N- Apples	D- Salt and vinegar flavour	D- Soy/ rice milk	G/D/E/N- Apples
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

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