



MENU PLAN

WK: 3 TERM: 2 DATE: 11/05/2020

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	Mango Magic Smoothies	Pancakes	Toast	Yoghurt and Berries	Fruit Salad
options	Mango, milk, yoghurt, honey	Pancakes and maple syrup	Wholemeal bread, margarine, vegemite, honey, jam	Yoghurt, frozen berries	Apple, pear, orange
G/V/D/N	D- Soy milk	G/D/E/N- Bread	G/D/E/N- GF bread	D- Soy milk	
AFTERNOON TEA	Popcorn and Fruit	Healthy Chicken burgers	Cheese/ Vegemite ham/cheese pizza sauce Snails with Veggie Fingers	Sushi Bowls	San Choi Bao
options	Popcorn, apple, pear, orange, watermelon	Chicken, bread rolls, lettuce, cheese, tomatoes	Puff pastry, vegemite, shredded cheese, cucumber, capsicum, carrot, snow peas	Seaweed, rice, carrot, cucumber, capsicum chicken, tuna, GF soy sauce	Lettuce, chicken mince, water chestnuts, carrot, zucchini, garlic, ginger, GF soy sauce, oyster sauce
G/V/D/N		V - Fafal	G/D/E/N-GF bread, bio cheese	S- No soy sauce V- Tofu	S- No soy sauce V- vegan mince
LATE SNACK	Veggie Sticks and Onion Dip	Frozen Fruit Bites	Pretzel, Cheese, Sultanas	Fruit Cups	Milo
G/V/D/N	G/D/E/N- Salsa	D- Soy milk and fruit	D- Bio cheese N- Apple		G/D/E/N- Soy milk, drinking chocolate
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