



# MENU PLAN

WK: 4 TERM: 2 DATE: 18/05/2020

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

Fresh water is available all day



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>Toast</b>	<b>Spaghetti on Toast</b>	<b>Ham and Cheese Toasties</b>	<b>Corn Fritters</b>	<b>Tiger Toast</b>
<b>options</b>	Wholemeal bread, margarine, vegemite, honey, jam	Wholemeal bread, margarine, spaghetti	Wholemeal bread, ham, cheese	Corn fritters, BBQ sauce, tomato sauce	Wholemeal bread, margarine, vegemite, cheese
<b>G/V/D/N</b>	<b>G/D/E/N- Bread</b>	<b>G/D/E/N- Bread</b>	<b>G/D/E/N- Bread</b>	<b>G/D/E/N- Bread</b>	<b>G/D/E/N- Bread</b>
<b>AFTERNOON TEA</b>	<b>Crackers, Ham, Cheese and Veggie Sticks</b>	<b>Chocolate Zucchini Muffins and Fruit</b>	<b>Butter Chicken and Rice</b>	<b>Banana Bread and Fruit</b>	<b>Nachos</b>
<b>options</b>	Cracker, ham, cheese, carrot, cucumber, capsicum	Chocolate zucchini muffins, apples, oranges, pear, watermelon, pineapple	Chicken, rice, butter chicken sauce, zucchini, capsicum	Banana bread, apples, oranges, pear, watermelon, pineapple	Corn chips, mince, taco seasoning, lettuce, tomato, cheese, salsa
<b>G/V/D/N</b>	<b>G/D- Plain crackers, bio cheese V- Falafel</b>	<b>G/D/E/N- Rice wheels</b>	<b>V- Tofu G/D/E/N- Teriyaki chickens and rice</b>	<b>G/D/E/N- Rice wheels</b>	<b>V- Vegan mince D- Bio cheese</b>
<b>LATE SNACK</b>	<b>Dried Fruit</b>	<b>Edamame</b>	<b>Pretzel, Cheese, Sultanas</b>	<b>Milo</b>	<b>Warm Custard and Berries</b>
<b>G/V/D/N</b>	<b>N/G- Apple</b>	<b>S- Apple</b>	<b>N- Apple D- Bio cheese</b>	<b>D- Soy/ Rice milk G- Cadbury drinking chocolate</b>	<b>D/ V- Soy/ Rice milk</b>
<b>SMASH COOKING</b>					
<b>G/V/D/N</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

# Evaluation

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>					
Did they like it?					
Changes for next time					
Quantity of food					
<u>Afternoon Tea</u>					
Did they like it?					
Changes for next time					
Quantity of food					
<u>Late Snack</u>					
Did they like it?					
Changes for next time					
Quantity of food					

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Menu based on information from the Australian Dietary Guidelines 2013

## **Menu Instructions:**

### **Tuesday (Chocolate Zucchini Muffins)**

- Prepare batter in morning

### **Wednesday (Butter Chicken)**

- Cook chicken and a batch of rice in morning

### **Friday**

- Cook mince in morning- leave a seasoning packet for the vegan mince (to be prepared in the afternoon)