



MENU PLAN

WK: 7 TERM: 2 DATE: 9/06/2020

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		Pancakes	Toast	Toast	Ham/Cheese Pinwheels
options	Public Holiday	Maple syrup	Wholemeal bread, margarine, jam, honey, vegemite	Wholemeal bread, margarine, jam, honey, vegemite	Ham, Cheese, Pizza Sauce
G/V/D/N		GF - GF Bread D - Nuttelex	G/D/E/N- Bread	GF - GF Bread D - nuttelex	GF - GF Bread D - nuttelex
AFTERNOON TEA		Antipasto platter	Healthy Chicken Burgers	Baguette subs/veggies	Rice Cakes and Spreads / Fruit
options		Ham, Cheese, carrot, gherkins, olives, crackers, salami, cabanossi	Burgers, chicken, lettuce, tomato, cheese	ham/cheese pizza sauce /cheese	ham/cheese/jam/honey/vegemite, watermelon, apples, pears, oranges
G/V/D/N		GF-GF Crackers V-Falafel D-Bio Cheese	G/D/E/N-bread V-Falafel D/S-Bio Cheese	V- Cheese option D/S-Bio Cheese	G/N/D/E- Rice cake B-Bio cheese V-Cheese
LATE SNACK		Milo	Yoghurt and Berries	Popcorn / Apples	Milk
G/V/D/N		GF/D/S-Organic Chocolate Powder D-Soy milk S-Rice milk	D/S-Soy milk / Rice milk		D- Soy Milk
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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