



# MENU PLAN



WK: 10 TERM: 2 DATE: 29/06/2020

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

Fresh water is available all day

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	Corn Fritters	Hash Browns	Toast	Ham & Cheese Rice Cakes	Toast
<b>options</b>		BBQ & Tomato Sauce	margarine, vegemite, honey, jam	Rice Cakes, ham,cheese	margarine, vegemite, honey, jam
<b>G/V/D/N</b>	GF-Bread E-Toast		GF - GF Bread S/D - nuttelex	GF-Rice Cakes S-Bio Cheese S/D Nuttelex	GF - GF Bread S/D - nuttelex
<b>AFTERNOON TEA</b>	Mac and Cheese veggie sticks	Healthy chocolate muffins / Fruit	Sushi bowls	Banana Bread / Fruit	Chicken noodles
<b>options</b>	Mac and cheese	Zucchini chocolate muffins watermelon, apples, pears, oranges	Chicken, tuna, rice, seaweed, veggie sticks, GFsoy sauce	Banana bread, watermelon, apples, pears, oranges	Chicken, noodles, chicken stock, veggies
<b>G/V/D/N</b>	GF-GF pasta D-soy milk S/D- bio cheese	GF/E/N- BBQ wheels	GF-Soy sauce	GF/E - BBQ wheels / chickpeas	GF-pasta V-no chicken
<b>LATE SNACK</b>	Popcorn	Crackers, salsa/hummus	custard /berries	Milo	Mango / strawberry yoghurt
<b>G/V/D/N</b>		N-Salsa	D/ V- Soy/ Rice milk	GF/S/D-Chocolate organic powder D/S- Rice milk/Soy milk	D/S-Ice cream/Rice milk
<b>SMASH</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

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