



MENU PLAN



WK: 3 TERM: 3 DATE: 03/08/2020

BREAKFAST - A variety of cereals, including gluten free cereal are available every morning
 Fresh water is available all day/ Fruit bowl is available for children to have fruit in the afternoon

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Toast	Corn Fritters	Quesadillas	Warm Milo	Potato Gems
options	margarine, vegemite, honey, jam	Corn fritters, bbq/ tomato sauce	Tortillas, cheese, ham	Milk, milo	Potato gems, bbq/ tomato sauce
G/V/D/N	GF - GF Bread S/D - nuttalex	G/D/E/N- Bread	G/D/E/N- Bread D- Bio cheese	D- Soy/ rice milk	G/D/E/N- Bread
AFTERNOON TEA	Ham, Cheese Crackers and Veggie Sticks	Soy Crisps and Fruit	Spaghetti Bolognese	Cheesy Cauliflower Bake and Lebanese Bread	Pizza
options	Ham, cheese, crackers, carrot, cucumber, capsicum	Soy crisps, apple, oranges, pears, watermelon	Mince, pasta, pasata, crushed tomatoes, carrot, zucchini, parmesan cheese	Cauliflower, flour, milk, cheese, lebanese bread	Turkish bread, pizza sauce, ham, cheese, cabanossi, pineapple
G/V/D/N	D- Bio cheese, plain crackers V- falafel	G/D/E/N- Rice wheels	V- Vegan mince G- GF pasta	D- Cauliflower, bio cheese	G/D/E/N- Bread D- Bio Cheese V- Cheese
LATE SNACK	Mango and Peach Yoghurt	Milk and Banana Chips	Dried Fruit Platter	Mango Magic Smoothies	Pretzels, Cheese and Sultanas
G/V/D/N	D- Soy/ rice milk	D- Soy/ rice milk N- apples	N- Apples	D- Soy/ rice milk	D- Bio cheese N- apples
SMASH					
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