



MENU PLAN



WK: 4 TERM: 3 DATE: 10/08/2020

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	Mango Magic Smoothies	Toasties	Mango/peach yoghurt	Toast	Corn Fritters
options	Mango, milk, yoghurt, honey	Ham/Cheese Cheese		margarine, vegemite, honey, jam	
G/V/D/N	D- Soy milk	G/D/E/N- Bread D-Bio Cheese V-Cheese	D/S - Soy milk rice milk	GF - GF Bread S/D - nuttalex	GF - GF Bread S/D - nuttalex E-Toast
AFTERNOON TEA	Antipasto platter	Chicken Noodle Soup	Homemade Sausage Rolls and Veggie Sticks	Crackers, Ham, Cheese and Veggie Sticks	Cheesy Vegemite Scrolls and Fruit
options	ham/salami/ cabanossi, gherkins, cheese cubes, carrot, cucumber, caspium, cracker	Chicken breast, instant noodles, chicken stock, corn, peas, carrots	Puff pastry, sausages, carrot, cucumber, capsicum, tomato/ BBQ sauce	Cracker, ham, cheese, carrot, cucumber, capsicum	Puff pastry, vegemite, cheese, apples, watermelon, pineapple, oranges
G/V/D/N	GF Crackers S/D- Bio Cheese V- Falafel	GF/S-GF Pasta V-vegetable stock	G- GF puff pastry V- Vegetarian sausage rolls	G/D- Plain crackers, bio cheese V- Falafel	G- GF pastry D- Bio cheese
LATE SNACK	Dried Fruit	Peaches and yoghurt	Milo	Popcorn and Fruit	Cheese. Pretzels, sultanas
G/V/D/N	N/G- Apple	D- Soy milk	GF/S/D-Chocolate organic powder D/S- Rice milk/Soy milk		GF-Crackers D/S -Bio cheese N-apple
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

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