



MENU PLAN



WK: 6 TERM: 3 DATE: 24/08/2020

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	Potato Gems	Toast	Mango Magic Smoothies	Pancakes
options	margarine, vegemite, honey, jam		margarine, vegemite, honey, jam	Mango, milk, yoghurt, honey	Maple syrup, frozen berries
G/V/D/N	GF - GF Bread S/D - nuttelex	GF - GF Bread S/D - nuttelex E-Toast	GF - GF Bread S/D - nuttelex	D- Soy milk	GF - GF Bread S/D - nuttelex
AFTERNOON TEA	Banana Bread / Fruit	Crackers, Ham, Cheese and Veggie Sticks	San Choi Bao	Burrito bowls	Homemade pizza
options	Banana bread, Watermelon, pears, oranges, apples, pineapple	Cracker, ham, cheese, carrot, cucumber, capsicum	Lettuce, chicken mince, water chestnuts, carrot, zucchini, garlic, ginger, GF soy sauce, oyster sauce	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa / tortilla wraps	Ham, cabanossi, pineapple, cheese pizza bases
G/V/D/N	GF/D/S - Rice Wheels	G/D- Plain crackers, bio cheese V- Falafel	S- No soy sauce V- vegan mince	G/D/E/N/D- Bread D- Bio Cheese V- vegetarian minces	GF-pizza base V- cheese/pineapple D/S-Tortilla wrap D-Bio Cheese
LATE SNACK	Veggie Sticks and Onion Dip	Soy Crisps and Fruit	Yoghurt and Apples	Roast Veggies	Popcorn, Cheese, Sultanas
G/V/D/N	G/D/E/N- Salsa	G/D/E/N- Rice wheels S- Cruskits	D- Soy yoghurt		D- 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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