



MENU PLAN

WK: 7 TERM: 3 DATE: 31/08/2020

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	Yoghurt and Berries	Banana Pancakes	Ham Cheese Toasties	Mango Magic Smoothies
options	Wholemeal bread, margarine, honey, jam, vegemite	Yoghurt, mixed berries	Banana pancakes, golden syrup, margarine	Wholemeal bread, ham, cheese	Mango, yoghurt, milk, honey
G/V/D/N	G/D/E/N- Bread	D- Soy/ rice milk	G/D/E/N- Bread	D- Bio cheese G/D/E/N- Bread V- Cheese	D- Soy/ rice milk
AFTERNOON TEA	Rice Cakes, Ham, Cheese and Veggies Sticks	Healthy Chocolate Muffins and Fruit	Fried Rice	Popcorn and Fruit	Sushi Bowls
options	Rice cakes, ham, cheese, carrot, cucumber, capsicum	Chocolate zucchini muffin, apple, orange, pear, watermelon	Rice, ham, mixed veggies, GF soy sauce	Popcorn, apple, orange, pear, watermelon	Rice, nori paper, ham, tuna, chicken, carrot, cucumber, GF soy sauce
G/V/D/N	D- Salt and vinegar rice cakes/ bio cheese V- Falafel	G/D/E/N- Rice wheels	V- Rice, mixed veggies, GF soy sauce	G/D/E/N- Rice wheels	V- Rice, nori paper, veggies, GF soy sauce
LATE SNACK	Mixed Berry Smoothies	Veggie Sticks and Dip	Pretzels, cheese, sultanas	Edamame	Custard and Berries
G/V/D/N	D- Soy/ rice milk	D- Salsa	D- Bio cheese N- Apples	S- Cruskits	D- Soy/ rice milk
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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