



MENU PLAN



WK: 9 TERM: 3 DATE: 14/09/2020

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	Banana Pancakes	Yoghurt and Berries	Yoghurt and Mango	Muffins
options	Wholemeal bread, margarine, vegemite, honey, jam	Banana pancake, golden syrup	Vanilla yoghurt and frozen berries	Vanilla yoghurt and frozen mango	English muffins, margarine, vegemite, honey, jam
G/V/D/N	G/D/E/N- Bread	G/D/E/N- Bread	D- Soy/ rice milk	D- Soy/ rice milk	G/D/E/N- Bread
AFTERNOON TEA	Spaghetti Bolognese	Sushi Bowls	Cheesy Garlic Bread and Veggie Sticks	Homemade Pizza	Crackers, Ham, Cheese and Veggie Sticks
options	Beef mince, pasata, tinned tomatoes, carrot, zucchini, pasta, parmesan cheese	Nori paper, rice, chicken, tuna, ham, carrot, cucumber, GF soy sauce	Turkish bread, garlic paste, cheese, carrot, cucumber, capsicum, snow peas	Turkish bread, pizza sauce, cheese, ham, cabanossi, pineapple	Crackers, ham, cheese, carrot, cucumber, capsicum, snow peas
G/V/D/N	G- GF pasta D- Bio cheese V- Vegan mince	V- falafel	G/D/E/N- Bread D- Bio cheese	G/D/E/N- Bread V- Cheese pizza D- Bio cheese	D- Bio cheese V- Falafel
LATE SNACK	Mango Magic Smoothies	Milo	Pretzels, Cheese, Sultanas	Potato Gems	Strawberry Smoothies
G/V/D/N	D- Soy/ rice milk	D- Soy/ rice milk	D- Bio cheese N- Apples		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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