



MENU PLAN



WK:10 TERM: 3 DATE: 21/09/2020

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	Miraculous Monday Cereal	Grilled Cheese	Toast	Mixed Berry Smoothies	Potato Gems
options		Bread, cheese	margarine, vegemite, honey, jam	Milk, yoghurt, frozen berries	
G/V/D/N	G/D/E/N/D- Cereal S-Rice milk	G/D/E/N- Bread D- Bio cheese	GF - GF Bread S/D - nuttelex	D- Soy yoghurt, soy milk	GF - GF Bread S/D - nuttelex E-Toast
AFTERNOON TEA	Popcorn and Fruit	Homemade Sausage Rolls and Veggie Sticks	Garlic Bread and veggie sticks	Antipasto platter	Rice Cakes and fruit
options	Popcorn, apples, oranges, pears, watermelon, pineapple	Puff pastry, sausages, carrot, cucumber, capsicum, tomato/ BBQ sauce	Turkish bread, cloves garlic, cheese, carrots, capicum, cucumber, snowpeas	ham/salami/ cabanossi, gherkins, cheese cubes, carrot, cucumber, caspium, tomato, cracker	Flavoured rice cakes watermelon, apples, pears, oranges
G/V/D/N		G- GF puff pastry V- Vegetarian sausage rolls	G/N/D/E- bread D- Bio cheese	GF Crackers S/D- Bio Cheese V- Falafel	G/D/S- Salt and Vinegar
LATE SNACK	Veggie Sticks and Dip	Soy Crisps and Fruit	Frozen Fruit Bites	Milo	Cabanossi, Crackers, Cheese and veggie sticks
G/V/D/N	D/N- Salsa	G/D/E/N- Rice wheels S- Cruskits	D- Soy Yogurt	GF/S/D-Chocolate organic powder D/S- Rice milk/Soy milk	N- Ham D- Bio cheese, plain/ seaweed crackers
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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