



MENU PLAN



WK: 1 TERM: 4 DATE: 12/10/2020

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	Hash Browns	Toasties	Mango/peach yoghurt	Fun Friday Cereal
options	margarine, vegemite, honey, jam	Hash Browns, tomato sauce, BBQ sauce	Ham/Cheese Cheese		
G/V/D/N	GF - GF Bread S/D - nuttalex	GF - GF Bread	G/D/E/N- Bread D-Bio Cheese V-Cheese	D/S - Soy milk rice milk	G/D/E/N- Cereal
AFTERNOON TEA	Burrito bowls	Ham and Cheese Rice Cakes + Veggie Sticks	Antipasto platter	Homemade pizza and veggie sticks	Popcorn and Fruit
options	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa / tortilla wraps	Ham, cheese, Flavoured rice cakes, veggies, carrots, cucumber and caspism	Ham, salami, cabanossi, capsim, carrot, cucumber, cheese cubes, gherkins, olives	Ham, cabanossi, pineapple, cheese, turkish bread	Popcorn, apple, orange, pear, watermelon
G/V/D/N	G/D/E/N/D- Bread D- Bio Cheese V- vegetarian minces	G/D/S- Salt and Vinegar	D- Bio cheese GF/D/S - plain Crackers V -fattal	GF-pizza base V- cheese/pineapple D/S-Tortilla wrap D-Bio Cheese	G/D/E/N- Rice wheels
LATE SNACK	Fruit salad	Soy Crisps and Fruit	Frozen Fruit Bites	Dried fruit platter	Edamame
G/V/D/N		G/D/E/N- Rice wheels S- Cruskits	D- Soy Yogurt S- Rice Milk	N- Apples	S- Cruskits
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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