



MENU PLAN



WK: 2 TERM: 4 DATE: 19/10/2020

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	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	Chicken Caesar Salad	Popcorn and Fruit	Crackers, Ham, Cheese and Veggie Sticks	Cheese and Vegemite Snails with Veggie Fingers
options	Banana bread, Watermelon, pears, oranges, apples, pineapple	Chicken, lettuce, bacon, croutons, dressing, parmesan cheese	Popcorn, apple, orange, pear, watermelon	Cracker, ham, cheese, carrot, cucumber, capsicum	Puff pastry, vegemite, shredded cheese, cucumber, capsicum, carrot, snow peas
G/V/D/N	GF/D/S - Rice Wheels	V- Falafel G/D- Plain crackers, bio cheese	G/D/E/N- Rice wheels	G/D- Plain crackers, bio cheese V- Falafel	G/D/E/N-GF bread, bio cheese
LATE SNACK	Veggie Sticks and Onion Dip	Soy Crisps and Fruit	Yoghurt and Apples	Frozen Fruit Bites	Dried fruit platter
G/V/D/N	G/D/E/N- Salsa	G/D/E/N- Rice wheels S- Cruskits	D- Soy yoghurt	D- Soy milk, soy yoghurt	N- Apples
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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