



MENU PLAN



WK: 3 TERM: 4 DATE: 26/10/2020

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	Momentous Monday Cereal	Apples + Yoghurt	Corn Fritters	Toasties	Mango Magic Smoothies
options			Corn fritters, BBQ sauce, Tomato sauce	Ham/Cheese Cheese	
G/V/D/N	G/D/E/N- Cereal	D/S - Soy milk rice milk	G/D/E/N- Bread	G/D/E/N- Bread D-Bio Cheese V-Cheese	D- Soy milk, soy yoghurt
AFTERNOON TEA	Flat bread + Dip and Veggie Sticks	Puffed Pizza + Veggie Sticks	Crackers, Ham, Cheese, Veggie Sticks	Nachos	Back to Front
options	Wholegrain wrap, homus, tzatziki, salsa, cucumber, cappicum, carrot	Ham, cabanossi, pineapple,cheese, puff pastry	Crackers, ham, cheese, carrot, cucumber, capsicum, snow peas	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa, corn chips	Cereal, Milk
G/V/D/N	G- GF Wrap D/S/N- Salsa	G- GF puff pastry V- cheese/pineapple D/S-Tortilla wrap D-Bio Cheese	D/S- plain crackers, bio cheese V- Falafel	G/D/E/N/D- Bread D- Bio Cheese V- vegetarian minces	D/S- Rice Milk G- GF Cereal
LATE SNACK	Dried fruit platter	Milo	Pretzels, Cheese, Sultanas	Fruit salad	Veggie Sticks + Onion Dip
G/V/D/N	N- Apples	D/S- Rice milk G- Organic drinking chocolate	D- Bio cheese N- Apples		D- Salsa
SMASH		Vanilla milkshakes		Don't eat pete	

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

G/V/D/N		D Soy milk		N - marshmallows	
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