



MENU PLAN



WK: 5 TERM: 4 DATE: 9/11/2020

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	Muesli and Yoghurt	Pancakes	Mango Magic Smoothies	Quesadillas	Toast
options	Yoghurt, muesli	Maple syrup, frozen berries	Mango, milk, yoghurt, honey	Tortillas, cheese, ham	margarine, vegemite, honey, jam
G/V/D/N	GF/N - BBQ wheels, chickpeas D - Soy milk S - Rice milk	GF - GF Bread S/D - nuttelex	D- Soy milk	G/D/E/N- Bread D- Bio cheese	GF - GF Bread S/D - nuttelex
AFTERNOON TEA	Popcorn and Fruit	Cheese and Vegemite Snails with Veggie Fingers	Chicken Caesar Salad	Crackers, Ham, Cheese and Veggie Sticks	Banana Bread / Fruit
options	Popcorn, apple, orange, pear, watermelon	Puff pastry, vegemite, shredded cheese, cucumber, capcium, carrot, snow peas	Chicken, lettuce, bacon, croutons, dressing, parmesan cheese	Crackers, ham, cheese, carrot, cucumber, capsicum, snow peas	Banana bread, Watermelon, pears, oranges, apples, pineapple
G/V/D/N	G/D/E/N- Rice wheels	G/D/E/N-GF bread, bio cheese	V- Falafel G/D- Plain crackers, bio cheese	D- Bio cheese V- Falafel	GF/D/S - Rice Wheels
LATE SNACK	Veggie Sticks and Onion Dip	Yoghurt and Apples	Dried fruit platter	Soy Crisps and Fruit	Frozen Fruit Bites
G/V/D/N	G/D/E/N- Salsa	D- Soy yoghurt	N- Apples	G/D/E/N- Rice wheels S- Cruskits	D- Soy milk, soy yoghurt
SMASH					

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					
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