



MENU PLAN



WK: 6 TERM: 4 DATE: 16/11/2020

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	Apples + Yoghurt	Mango Magic Smoothies	Wicked Wednesday Cereal	Toasties	Potato Gems
options		Mango, milk, yoghurt, honey		Ham/Cheese Cheese	
G/V/D/N	D/S - Soy milk rice milk	D- Soy milk	G/D/E/N- Cereal	G/D/E/N- Bread D-Bio Cheese V-Cheese	GF - GF Bread S/D - nuttalex E-Toast
AFTERNOON TEA	Crackers, Ham, Cheese, Veggie Sticks	Flat bread + Dip and Veggie Sticks	Nachos	Popcorn and Fruit	Puffed Pizza + Veggie Sticks
options	Crackers, ham, cheese, carrot, cucumber, capsicum, snow peas	Wholegrain wrap, homus, tzatziki, salsa, cucumber, cappicum, carrot	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa, corn chips	Popcorn, apple, orange, pear, watermelon	Ham, cabanossi, pineapple, cheese, puff pastry
G/V/D/N	D/S- plain crackers, bio cheese V- Falafel	G- GF Wrap D/S/N- Salsa	G/D/E/N/D- Bread D- Bio Cheese V- vegetarian minces	G/D/E/N- Rice wheels	G- GF puff pastry V- cheese/pineapple D/S-Tortilla wrap D-Bio Cheese
LATE SNACK	Milo	Pretzels, Cheese, Sultanas	Dried fruit platter	Veggie Sticks + Onion Dip	Fruit salad
G/V/D/N	D/S- Rice milk G- Organic drinking chocolate	D- Bio cheese N- Apples	N- Apples	D- Salsa	
SMASH		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		N-Marshmallows			
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