



MENU PLAN



WK: 8 TERM: 4 DATE: 30/11/2020

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	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 - nuttelex	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	Nachos	Ham and Cheese Rice Cakes + Veggie Sticks	Antipasto platter	Cheese and Vegemite Snails with Veggie Fingers	Popcorn and Fruit
options	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa, corn chips	Ham, cheese, Flavoured rice cakes, veggies, carrots, cucumber and capsim	Ham, salami, cabanossi, capsicum, carrot, cucumber, cheese, flat bread, hummus, tzatziki	Puff pastry, vegemite, shredded cheese, cucumber, capcium, carrot, snow peas	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 -fartal	G/D/E/N-GF bread, bio cheese	G/D/E/N- Rice wheels
LATE SNACK	Fruit salad	Soy Crisps and Fruit	Frozen Fruit Bites	Dried fruit platter	Flat bread +Veggies and Dip
G/V/D/N		G/D/E/N- Rice wheels S- Cruskits	D- Soy Yogurt S- Rice Milk	N- Apples	G- GF Wrap D/S/N- Salsa
SMASH				Sushi making	
G/V/D/N				E:soy sauce	

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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