



MENU PLAN

WK: 3 TERM: 1 DATE: 8/2/2021

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	Potato gems	Toast	Fruit salad	Toasties	Fun Friday cereal
options	Potato gems, tomato sauce, BBQ sauce	Jam, honey, vegemite	Apples, pears, oranges	Bread, ham, cheese	
G/V/D/N	GF - GF bread D/S - nuttelex	GF - GF bread D/S - nuttelex		GF - GF bread D/S - nuttelex, bio cheese	G/D/E/N - cereal D/S - soy/rice milk
AFTERNOON TEA	Popcorn + fruit	Homemade sausage rolls + veggie sticks	Antipasto platter	Rice cakes, veggie sticks + dip	Chinese noodle stir fry
options	Popcorn, apples, pears, watermelon, pineapple	Puff pastry, sausages, carrots, cucumbers, capsicum	Ham, salami, cabanossi, cheese cubes, carrots, cucumbers, olives	Rice cakes, carrots, cucumbers, capsicum	Hokkien noodles, carrots, snow peas, onions, bean sprouts, GF soy sauce
G/V/D/N		GF - GF puff pastry V - vegetarian sausage rolls	GF - plain crackers S/D - bio cheese V - falafel	D - salsa	GF - rice noodles, GF soy sauce
LATE SNACK	Pretzels, cheese + sultanas	Soy crisps + fruit	Milo	Frozen fruit bites	Vegetarian spring rolls
G/V/D/N	D - bio cheese N - apples	G/D/E/N - rice wheels S - cruskits	D/S - soy/ rice milk Cadbury drinking chocolate	D - soy yoghurt S - rice milk	GF - rice wheels
SMASH				Lolly hunt	
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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