



MENU PLAN



WK: 4 TERM: 1 DATE: 15/02/2021

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	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	ANZAC Biscuits and Fruit	Popping Trail Mix and Fruit	Pizza Scrolls and veggie sticks	Burrito bowls	Rice cakes, ham, cheese, veggie sticks + dip
options	ANZAC biscuits, apple, orange, watermelon, pears	Popcorn, Dried apple, sultanas, dark choc chips, apple, orange, pear, watermelon	Ham, pineapple, cheese pizza bases	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa / tortilla wraps	Rice cakes, ham, cheese, carrots, cucumbers, capsicum, hummus
G/V/D/N	G- GF arrowroot biscuits	G/D/E/N- Rice wheels	GF-pizza base V- cheese/pineapple D/S-Tortilla wrap D-Bio Cheese	G/D/E/N/D- Bread D- Bio Cheese V- vegetarian minces	D - salsa
LATE SNACK	Milo	Veggie Sticks and Onion Dip	Soy Crisps and Fruit	Dried fruit platter	Fruit Salad
G/V/D/N	GF/D - Organic drinking chocolate S,D- Rice milk / drinking chocolate	G/D/E/N- Salsa	G/D/E/N- Rice wheels S- Cruskits	N- Apples	
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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