



MENU PLAN



WK: 5 TERM: 1 DATE: 22/02/2021

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	Marvellous Monday cereal	Mango smoothies	Toast	Muffins	Pancakes
options		Frozen mango, yoghurt, milk	Margarine, vegemite, honey, jam	Margarine, vegemite, honey, jam	Maple syrup, frozen berries
G/V/D/N	G/D/E/N - cereal D/S - soy/rice milk	D/S - soy/rice milk	GF - GF Bread S/D - nuttelex	GF - GF bread D/S - nuttelex	GF - GF bread D/S - nuttelex
AFTERNOON TEA	Crackers, ham, cheese + veggie sticks	Fried rice	Fairy bread + fruit	Cheese/vegemite snails + veggie sticks	Honey joys + fruit
options	Crackers, ham, cheese, carrots, cucumbers, capsicum	Bacon, corn, carrots, peas, GF soy sauce	Wholemeal bread, sprinkles, apples, pears, watermelon, pineapple	Puff pastry, vegemite, shredded cheese, carrots, cucumbers, capsicum	Honey joys, apples, pears, watermelon, pineapple
G/V/D/N	GF - plain crackers D - bio cheese V - falafel	GF - GF soy sauce V - no ham	GF - GF bread S/D - nuttelex	GF - GF puff pastry D - bio cheese	GF/D - rice wheels
LATE SNACK	Frozen fruit bites	Fruit salad	Flat bread, veggie sticks + dips	Yoghurt	Pretzels, cheese + sultanas
G/V/D/N	D - soy yoghurt S - rice milk		GF- GF wrap D - salsa	D - soy yoghurt S - rice milk	D - bio cheese N - apple
SMASH					Acai bowls
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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