



MENU PLAN

WK: 6 TERM: 1 DATE: 01/03/2021

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	Muffins	Mango/peach yoghurt	Toast	Frozen berries and yoghurt	Potato Gems
options	Margarine, vegemite, honey, jam		Margarine, vegemite, honey, jam	Frozen berries, vanilla yoghurt	
G/V/D/N	GF - GF bread D/S- nuttelex	D/S - Soy milk rice milk	GF - GF Bread S/D - nuttelex	D/S - Soy milk rice milk	GF - GF Bread
AFTERNOON TEA	Antipasto platter	Chicken Caesar Salad	Twisty trail mix	Nachos	Popcorn and Fruit
options	Ham, salami, cabanossi, cheese cubes, carrots, cucumbers, olives	Chicken, lettuce, bacon, croutons, dressing, parmesan cheese	Pretzels, sultanas cheese, dried apple	Minces, taco seasoning, lettuce, tomatoes, cheese, salsa, corn chips	Popcorn, apple, orange, pear, watermelon
G/V/D/N	GF - plain crackers S/D - bio cheese V - falafel	V- Falafel G/D- Plain crackers, bio cheese	G/D/E/N- Rice wheels	G/D/E/N/D- Bread D- Bio Cheese V- vegetarian minces	
LATE SNACK	Fruit salad	Flat bread, veggie sticks + dips	Frozen bark with choc chips	Soy Crisps and Fruit	Milo
G/V/D/N		GF- GF wrap D - salsa	D - soy yoghurt S - rice milk	G/D/E/N- Rice wheels S- Cruskits	D/S soy milk / Rice milk Carbury drinking chocolate
SMASH					
G/V/D/N			GF bread, vegetarian sausages		

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

			Welcome BBQ Sausage sizzle		
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