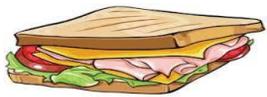


Term 3 2020 Week 7 – Menu may change due to availability of ingredients Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Cheese toasties - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Banana bread. Requested by kindergarten after our recent student survey. Vegemite or cheese sandwiches for children who don't like banana bread.	Water Low fat Milk	Fruit Flavoured rice cakes	
Tuesday	Multigrain toast - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Sandwiches multigrain and white bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, margarine.	Water Low fat Milk	Fruit Rice crackers	 <small>shutterstock.com - 158078816</small>
Wednesday	Raisin Toast - Rice bubbles - Cornflakes - Weetbix Banana smoothies	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Frankfurts on bread with tomato and mustard sauce. Vegetarian option.	Water Low fat Milk	Fruit Pretzels	
Thursday	Yoghurt (low fat vanilla or mango) and fruit Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Lebanese Bread – white and wholemeal with falafel, dips and vegetables.	Water Low fat Milk	Fruit Popcorn	
Friday	Crumpets - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of Seasonal fruit and vegetables. Always red and green apples.	Sandwiches Plain: Vegemite, cheese, honey, chicken and devon Toasted: cheese, cheese and ham. Always popular.	Water Low fat Milk	Fruit Corn chips (plain)	

Term 3 2020 Week 8 – Menu may change due to availability of ingredients. Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Multigrain Toast - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Sandwiches - multigrain and white bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, honey, margarine	Water Low fat Milk	Fruit Rice crackers	
Tuesday	English muffins - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Sausage Sizzle. Beef or vegetarian sausages with tomato sauce Multigrain and white bread.	Water Low fat Milk	Fruit Oreo's	A filling afternoon tea to give us lots of energy to play.
Wednesday	Crumpets - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Rice cakes, various flavors with a choice of toppings. Cheese, ham, chicken and vegetables	Water Low fat Milk	Fruit Rice crackers	
Thursday	Spaghetti toasties - Rice bubbles - Cornflakes - Weetbix Strawberry smoothies	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	K,1 and 3 Pasta Bake. Tomato based pasta bake with cheese on top. Cheese free option. 2,4,5,6 Simple sandwiches Honey, vegemite, cheese, devon and tomato sauce	Water Low fat Milk	Fruit Popcorn	
Friday	Yoghurt (low fat vanilla or mango) and fruit bowl - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	2,4,5,6 Pasta Bake. Tomato based pasta bake with cheese on top. Cheese free option. K,1 and 3 Simple sandwiches Honey, vegemite, cheese, devon and tomato sauce	Water Low fat Milk	Fruit Pretzels	A nice warm afternoon tea in the cooler weather.

Term 3 2020 Week 9 Menu may change due to availability of ingredients. Special dietary needs are being met.

	Breakfast	Beverages	Fruit and Vegetables	Middle	Beverages	5pm snack	Evaluation & Variation
Monday	Cheese toasties Rice bubbles Cornflakes Weetbix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Rice cakes, various flavors with a choice of toppings. Cheese, ham, chicken and vegetables. Lara from Kindy has requested salt and vinegar rice cakes.	Water Low fat Milk	Fruit Rice crackers	
Tuesday	English muffins - Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Sandwiches Plain: Vegemite, cheese, honey, chicken and devon Toasted: cheese, cheese and ham. Always popular.	Water Low fat Milk	Fruit Oreos	
Wednesday	- Multigrain toast -Rice bubbles - Cornflakes - Weetbix	Water/Low fat Milk Fruit Smoothies	A variety of seasonal fruit and vegetables. Always red and green apples.	Garlic bread with a variety of cold meats, cheese and seasonal vegetables. The children love garlic bread!	Water Low fat Milk	Fruit Rice cakes	
Thursday	Yoghurt (low fat vanilla or mango) and fruit. Rice bubbles Cornflakes Weet bix	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Sandwiches multigrain and white bread, chicken and avocado, vegemite, cheese, tuna mayonnaise and cucumber, margarine.	Water Low fat Milk	Fruit Corn chips (plain)	
Friday	Multigrain toast Rice Bubbles Weetbix Cornflakes Strawberry smoothies	Water/Low fat Milk	A variety of seasonal fruit and vegetables. Always red and green apples.	Nachos – Preservative/colouring free. corn chips, grated cheese, beef mince and passata sauce. Vegetarians can omit beef.	Water Low fat Milk	Fruit Pretzels	

--	--	--	--	--	--	--	--