




Week A - Summer Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7 – 8:20am)	<p>Cereal Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p>Toast Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p>Dietary Requirements GF, LF</p> <p>Beverages Still water, rice milk or cow's milk</p>	<p>Cereal Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p>Toast Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p>Dietary Requirements GF, LF</p> <p>Beverages Still water, rice milk or cow's milk</p>	<p>Cereal Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p>Toast Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p>Dietary Requirements GF, LF</p> <p>Beverages Still water, rice milk or cow's milk</p>	<p>Cereal Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p>Toast Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p>Dietary Requirements GF, LF</p> <p>Beverages Still water, rice milk or cow's milk</p>	<p>Cereal Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p>Toast Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p>Dietary Requirements GF, LF</p> <p>Beverages Still water, rice milk or cow's milk</p>
Afternoon Tea (approx. 3:10 – 3:40pm)	<p>Vegetarian Spaghetti</p> <p>Dietary Requirements GF</p> <p>Beverages Still water</p>	<p>Vanilla Chia Seed Pudding with Berries 😊</p> <p>Dietary Requirements DF, LF, V, Chilled/Frozen</p> <p>Beverages Still water</p>	<p>Wraps with Ham & Salad</p> <p>Dietary Requirements GF, DF, LF, V</p> <p>Beverages Still water</p>	<p>Vegetarian Nachos: corn chips, cheese, sour cream, avocado, lettuce, tomato & salsa 😊</p> <p>Dietary Requirements DF, LF, Garlic, Onion</p> <p>Beverages Still water</p>	<p>Chicken & Rice</p> <p>Dietary Requirements V, Garlic, Onion</p> <p>Beverages Still water</p>
Light Snack (5:30pm or when pack up time is called)	<p>Sunrice Original Rice Cakes with butter, straw jam or vegemite 💕</p> <p>Dietary Requirements DF, LF, GF</p> <p>Beverages Still water</p>	<p>Pretzels</p> <p>Dietary Requirements GF</p> <p>Beverages Still water</p>	<p>Sunrice Salt & Vinegar Rice Cakes with Sliced Cheese</p> <p>Dietary Requirements DF, LF</p> <p>Beverages Still water</p>	<p>Popcorn</p> <p>No Special Dietary Requirements</p> <p>Beverages Still water</p>	<p>Plain Sakatas with Sliced Cheese</p> <p>Dietary Requirements DF, LF</p> <p>Beverages Still water</p>

Codes: GF=Gluten Free DF=Dairy Free
 LF = Lactose Free V=Vegetarian

Symbols: Parent Input  Educator Input  Child Input  Community Input 

Week B - Summer Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7 – 8:20am)	<p>Cereal Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p>Toast Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p>Dietary Requirements GF, LF</p> <p>Beverages Still water, rice milk or cow's milk</p>	<p>Cereal Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p>Toast Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p>Dietary Requirements GF, LF</p> <p>Beverages Still water, rice milk or cow's milk</p>	<p>Cereal Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p>Toast Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p>Dietary Requirements GF, LF</p> <p>Beverages Still water, rice milk or cow's milk</p>	<p>Cereal Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p>Toast Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p>Dietary Requirements GF, LF</p> <p>Beverages Still water, rice milk or cow's milk</p>	<p>Cereal Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p>Toast Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p>Dietary Requirements GF, LF</p> <p>Beverages Still water, rice milk or cow's milk</p>
Afternoon Tea (approx. 3:10 – 3:40pm)	<p>Fruity Yoghurt Bark </p> <p>Dietary Requirements DF, LF, V, Chilled/Frozen</p> <p>Beverages Still water</p>	<p>Beef Burritos with cheese, sour cream, avocado, lettuce & capsicum</p> <p>Dietary Requirements GF, V, DF, LF, Garlic, Onion</p> <p>Beverages Still water</p>	<p>Vegetable Fried Rice</p> <p>Dietary Requirements Garlic</p> <p>Beverages Still water</p>	<p>Pizza Scrolls </p> <p>Dietary Requirements GF, DF, LF, V</p> <p>Beverages Still water</p>	<p>Pork San Choy Bao</p> <p>Dietary Requirements V, Garlic</p> <p>Beverages Still water</p>
Light Snack (5:30pm or when pack up time is called)	<p>Plain Sakatas with Sliced Cheese </p> <p>Dietary Requirements DF, LF</p> <p>Beverages Still water</p>	<p>Popcorn</p> <p>No Special Dietary Requirements</p> <p>Beverages Still water</p>	<p>Sunrice Original Rice Cakes with butter, straw jam or vegemite</p> <p>Dietary Requirements DF, LF, GF</p> <p>Beverages Still water</p>	<p>Pretzels</p> <p>Dietary Requirements GF</p> <p>Beverages Still water</p>	<p>Sunrice Salt & Vinegar Rice Cakes with Sliced Cheese</p> <p>Dietary Requirements DF, LF</p> <p>Beverages Still water</p>

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