









Week C - Autumn Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7 – 8:20am)	<p><u>Cereal</u> Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p><u>Toast</u> Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p><u>Dietary Requirements</u> GF, LF</p> <p><u>Beverages</u> Still water, rice milk or cow's milk</p>	<p><u>Cereal</u> Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p><u>Toast</u> Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p><u>Dietary Requirements</u> GF, LF</p> <p><u>Beverages</u> Still water, rice milk or cow's milk</p>	<p><u>Cereal</u> Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p><u>Toast</u> Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p><u>Dietary Requirements</u> GF, LF</p> <p><u>Beverages</u> Still water, rice milk or cow's milk</p>	<p><u>Cereal</u> Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p><u>Toast</u> Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p><u>Dietary Requirements</u> GF, LF</p> <p><u>Beverages</u> Still water, rice milk or cow's milk</p>	<p><u>Cereal</u> Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p><u>Toast</u> Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p><u>Dietary Requirements</u> GF, LF</p> <p><u>Beverages</u> Still water, rice milk or cow's milk</p>
Afternoon Tea (approx. 3:10 – 3:40pm)	<p>Pasta Salad with Avocado Dressing</p> <p><u>Dietary Requirements</u> GF</p> <p><u>Beverages</u> Still water</p>	<p>Wraps with Ham & Salad</p> <p><u>Dietary Requirements</u> GF, DF, LF, V, P</p> <p><u>Beverages</u> Still water</p> 	<p>Vanilla Muffins</p> <p><u>Dietary Requirements</u> GF</p> <p><u>Beverages</u> Still water</p>	<p>Vegetarian Nachos: corn chips, cheese, avocado, lettuce, salsa sauce</p> <p><u>Dietary Requirements</u> DF, LF, Garlic, Onion</p> <p><u>Beverages</u> Still water</p> 	<p>Chicken & Rice</p> <p><u>Dietary Requirements</u> V, Garlic, Onion</p> <p><u>Beverages</u> 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><u>Dietary Requirements</u> DF, LF, GF</p> <p><u>Beverages</u> Still water</p>	<p>Pretzels</p> <p><u>Dietary Requirements</u> GF</p> <p><u>Beverages</u> Still water</p>	<p>SunRice Salt & Vinegar Rice Cakes with Sliced Cheese</p> <p><u>Dietary Requirements</u> DF, LF</p> <p><u>Beverages</u> Still water</p>	<p>Popcorn</p> <p><u>No Special Dietary Requirements</u></p> <p><u>Beverages</u> Still water</p>	<p>Plain Sakatas with Sliced Cheese</p> <p><u>Dietary Requirements</u> DF, LF</p> <p><u>Beverages</u> Still water</p>


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

Symbols: Parent Input  Child Input 
 Educator Input  Community Input 

Week D- Autumn Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7 – 8:20am)	<p><u>Cereal</u> Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p><u>Toast</u> Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p><u>Dietary Requirements</u> GF, LF</p> <p><u>Beverages</u> Still water, rice milk or cow's milk</p>	<p><u>Cereal</u> Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p><u>Toast</u> Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p><u>Dietary Requirements</u> GF, LF</p> <p><u>Beverages</u> Still water, rice milk or cow's milk</p>	<p><u>Cereal</u> Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p><u>Toast</u> Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p><u>Dietary Requirements</u> GF, LF</p> <p><u>Beverages</u> Still water, rice milk or cow's milk</p>	<p><u>Cereal</u> Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p><u>Toast</u> Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p><u>Dietary Requirements</u> GF, LF</p> <p><u>Beverages</u> Still water, rice milk or cow's milk</p>	<p><u>Cereal</u> Rice bubbles, Cheerios, Weetbix or Cornflakes</p> <p><u>Toast</u> Wholemeal bread with butter, jam, vegemite, cinnamon & honey spreads</p> <p><u>Dietary Requirements</u> GF, LF</p> <p><u>Beverages</u> Still water, rice milk or cow's milk</p>
Afternoon Tea (approx. 3:10 – 3:40pm)	<p>Cheesy Pasta Bites</p> <p><u>Dietary Requirements</u>  GF, DF, LF</p> <p><u>Beverages</u> Still water</p>	<p>Beef Burritos with Cheese, Sour Cream, Avocado, Lettuce & Capsicum</p> <p><u>Dietary Requirements</u> GF, V, DF, LF, B, Onion, Garlic</p> <p><u>Beverages</u> Still water</p>	<p>Vegetable Fried Rice</p> <p><u>Dietary Requirements</u> Garlic</p> <p><u>Beverages</u> Still water</p>	<p>Cinnamon Scrolls </p> <p><u>Dietary Requirements</u> GF</p> <p><u>Beverages</u> Still water</p>	<p>Pizza Scrolls</p> <p><u>Dietary Requirements</u> GF, DF, LF, V, P</p> <p><u>Beverages</u> 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><u>Dietary Requirements</u> DF, LF, GF</p> <p><u>Beverages</u> Still water</p>	<p>Popcorn</p> <p><u>No Special Dietary Requirements</u></p> <p><u>Beverages</u> Still water</p>	<p>Plain Sakata with Sliced Cheese</p> <p><u>Dietary Requirements</u> DF, LF</p> <p><u>Beverages</u> Still water</p>	<p>SunRice Salt & Vinegar Rice Cakes with Sliced Cheese</p> <p><u>Dietary Requirements</u> LF, DF</p> <p><u>Beverages</u> Still water</p>	<p>Pretzels</p> <p><u>Dietary Requirements</u> GF</p> <p><u>Beverages</u> Still water</p>

Codes: GF=Gluten Free DF=Dairy Free B = Beef
LF = Lactose Free V=Vegetarian P = Pork

Symbols: Parent Input 
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