

# Weekly Menu



For Week Starting: \_\_\_\_\_

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Breakfast

Afternoon Tea


## Notes about the Menu

Fresh water is available at all times. A fruit bowl is available at breakfast and an assorted fruit/veg/cheese platter at afternoon tea. We cater to children's individual dietary needs, we do not serve nuts or nut products (although traces may be present), we include children's requests when devising our menu and follow the Australian Dietary Guidelines 2013.

As well as the selected menu item, breakfast always includes a choice from a variety of high fibre cereals such as Sultana Bran, Weetbix and Milo Cereal (all cereals served have a minimum Healthy star Rating of 4) or wholegrain toast with toppings.

For afternoon tea children have the option of a sandwich made with wholegrain bread or another suitable alternative if they don't want the menu item. Please let us know if you need more information about our menu.

**CODES** (means this menu item meets or includes options for the following dietary requirements)

**GF = Gluten Free**

**DF = Dairy Free**

**LF = Lactose Free**

**V = Vegetarian**

**H = Halal**

**NRM = No Red Meat**

**NP = No Pork**

