

Menu Plan # Dairy Free * Gluten Free

	Monday 18-2-2019	Tuesday 19-2-2019	Wednesday 20-2-2019	Thursday 21-2-2019	Friday 22-2-2019
Morning Tea					
Snack	Crackers & Cheese + Fruit	Lemon Yoghurt Muffins & Fruit	Fruit Toast & Fruit	Bircher Muesli	Savoury Muffins & Fruit
Lunch					
Main Dish	Beef and Beans Bolognaise (Steamed Veggies)	Chicken Curry with Veggies (Brown Rice)	Fish Pie (Steamed Veggies)	Apricot Beef (Brown Rice) # *	Broccoli + Cauli Macaroni Cheese (Wholemeal Pasta)
Extras	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Afternoon tea					
Snack	Fruit + Vegetable Pieces & Onion Dip	Munch & Crunch Platter + Hummus	Corn Thins, Cottage Cheese & Fruit	Egg Sandwich's & Fruit	Crackers&Cheese + Fruit



	Monday 25-2-2019	Tuesday 26-2-2019	Wednesday 27-2-2019	Thursday 28-2-2019	Friday 1-3-2019
Morning Tea					
Snack	Crackers & Cheese + Fruit	Smoothie K- Banana Bread/Fruit	Apple + Blueberry Pikelets & Fruit	Seasonal Fruit + Crackers	Vegetable Sconces + Fruit
Lunch					
Main Dish	Pasta Roma with Vegetables	Cottage Pie with Vegetables	Chicken + Apple Meatballs # * with Veggies and Wholemeal Pasta	Fish Curry + Brown Rice	Savoury Mince with Vegetables
Extras	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Afternoon tea					
Snack	Fruit Toast & Fruit	Corn/Cheese Roll Ups & Fruit	Egg Sandwich's + Fruit	Hummus and Vegetable Sticks + Fruit	Crackers/Cheese + Fruit

