

Menu Plan # Dairy Free * Gluten Free

| | Monday 4-2-2019 | Tuesday 5-2-2019 | Wednesday 6-2-2019 | Thursday 7-2-2019 | Friday 8-2-2019 |
|----------------------|---|--|-----------------------|---------------------------------|--|
| Morning Tea | | | | | |
| Snack | Crackers & Cheese + Fruit | Seasonal Fruit & Yoghurt Dip | | Vegetable Scones & Fruit | Hummus & Vegie Sticks + Fruit |
| Lunch | | | | | |
| Main Dish | Beef and Lentils Bolognaise Steamed Veggies | Mac and Cheese Steamed Veggies (Wholemeal Pasta) | | Chicken Pie no pastry # * | Fish Fingers + Wedges Steamed Veggies |
| Extras | | | | | |
| Afternoon tea | | | | | |
| Snack | Wedges & Salsa & Fruit | Fruit Toast & Fruit | | Banana/Blueberry Pikelets | Yoghurt and Tinned Pears |



| | Monday 11-2-2019 | Tuesday 12-2-2019 | Wednesday 13-2-2019 | Thursday 14-2-2019 | Friday 15-2-2019 |
|----------------------|---|--------------------------------|--|-----------------------------|-------------------------------------|
| Morning Tea | | | | | |
| Snack | Crackers & Cheese + Fruit | Bircher Muesli | Savoury Muffins & Fruit | Egg Muffins & Fruit | Wholemeal Egg Sandwich's + Fruit |
| Lunch | | | | | |
| Main Dish | Tuna Cauliflower Mac n Cheese (Wholemeal Pasta) | Beef Nachos Guacamole Salsa | Oakhill Potatoes Steamed Veggies | Lasagne Steamed Veggie | Chicken Fried Rice # * |
| Extras | | | | | |
| Afternoon tea | | | | | |
| Snack | Yoghurt & Tinned Fruit Salad | Vegetable Sticks & Fruit | Spinach/Cheese Bread Cases + Fruit | Munch and Crunch Platter | Crackers/Cheese + Fruit |

