

IOSHC

SAMPLE MENU

*Water is available at every meal and water stations available at all times
Menu is subject to change and supply availability*

	Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">BREAKFAST</p> <p>Allergy Friendly Food include</p> <ul style="list-style-type: none"> • Milk for cereal /milo/smoothies- lactose free, oat, soy. • Bread – Gluten free • Nuttalex butter- dairy free, nut and soy free, no preservatives 	<p>Cereal Weet-Bix, Rice Bubbles, Cornflakes, Sultana Bran, Nutri-Grain,</p> <p>Toast Spreads: Vegemite, Jam, Honey</p> <p>Baked Beans or Spaghetti</p>	<p>Cereal Weet-Bix, Rice Bubbles, Cornflakes, Sultana Bran, Nutri-Grain,</p> <p>Toast Spreads: Vegemite, Jam, Honey</p> <p>Fruit Toast</p>	<p>Cereal Weet-Bix, Rice Bubbles, Cornflakes, Sultana Bran, Nutri-Grain,</p> <p>Toast Spreads: Vegemite, Jam, Honey</p> <p>Hashbrowns</p>	<p>Cereal Weet-Bix, Rice Bubbles, Cornflakes, Sultana Bran, Nutri-Grain,</p> <p>Toast Spreads: Vegemite, Jam, Honey</p> <p>Warm Milo</p>	<p>Cereal Weet-Bix, Rice Bubbles, Cornflakes, Sultana Bran, Nutri-Grain,</p> <p>Toast Spreads: Vegemite, Jam, Honey</p> <p>Hot Cakes</p>
<p style="text-align: center;">AFTERNOON TEA</p> <p>Allergy Friendly Food include</p> <ul style="list-style-type: none"> • Banana/vanilla gluten and vegan muffins • Red Velvet cake gluten and dairy free • Valia Yoghurt/ chobani oat yoghurt – vegan friendly • Nuttalex butter- dairy free, nut and soy free, no preservatives • Outback Australian Animals biscuits – gluten free, dairy free, egg free, nut free and vegan 	<p>Fruit Watermelon, apples, bananas, grapes, oranges, rock melon, pineapple</p> <p>Vegetables Carrots, capsicum, cucumber</p> <p>Rice Crackers Various Sakata brand flavors</p> <p>Dried Fruits Apple, Apricot, Sultanas</p> <p>Sandwiches Ham & cheese, salami & Cheese, ham and salad, vegemite, jam, honey, vegemite and cheese</p> <p>Treat Corn Chips/Pretzels (1 serve per child only)</p>	<p>Fruit Watermelon, apples, bananas, grapes, oranges, rock melon, pineapple</p> <p>Vegetables Carrots, capsicum, cucumber</p> <p>Rice Cakes Salt and Vinegar, Sour cream and Chives</p> <p>Dried Fruits Apple, Apricot, Sultanas</p> <p>Wraps Ham & cheese, salami & Cheese, Chicken and salad</p> <p>Sandwiches vegemite, jam, honey</p> <p>Treat Cake Chocolate, banana, lemon, orange (1 serve per child only)</p>	<p>Fruit Watermelon, apples, bananas, grapes, oranges, rock melon, pineapple</p> <p>Vegetables Carrots, capsicum, cucumber</p> <p>Rice Crackers Various Sakata brand flavors</p> <p>Dried Fruits Apple, Apricot, Sultanas</p> <p>Sandwiches Ham & cheese, salami & Cheese, ham and salad, vegemite, jam, honey, vegemite and cheese</p> <p>Treat Lamington Fingers (1 serve per child only)</p>	<p>Fruit Watermelon, apples, bananas, grapes, oranges, rock melon, pineapple</p> <p>Vegetables Carrots, capsicum, cucumber</p> <p>Rice Cakes Salt and Vinegar, Sour cream and Chives</p> <p>Dried Fruits Apple, Apricot, Sultanas</p> <p>Wraps Ham & cheese, salami & Cheese, Chicken and salad</p> <p>Sandwiches vegemite, jam, honey,</p> <p>Treat Cake Chocolate, banana, Lemon, orange (1 serve per child only)</p>	<p>Fruit Watermelon, apples, bananas, grapes, oranges, rock melon, pineapple</p> <p>Vegetables Carrots, capsicum, cucumber</p> <p>Rice Crackers Various Sakata brand flavors</p> <p>Dried Fruits Apple, Apricot, Sultanas</p> <p>Sandwiches Ham & cheese, salami & Cheese, ham and salad, vegemite, jam, honey, vegemite and cheese</p> <p>Treat Plain Biscuits (1 serve per child only)</p>