

# TERM MENU EXAMPLE

## BREAKFAST

6:30AM - 8:15AM

### CEREAL

WEETBIX | GF  
RICE BUBBLES | GF  
CORNFLAKES | GF  
PORRIDGE

MILK ALTERNATIVE OPTIONS:  
LACTOSE FREE / SOY MILK

### TOAST

WHITE, WHOLEMEAL, MULTIGRAIN | GF  
NUTELX BUTTER | DF; NF; SF  
JAM; VEGEMITE; HONEY

### SPECIALS

ONE OF THE FOLLOWING:  
BAKED BEANS  
FRUIT TOAST  
HASHBROWNS  
WARM MILO  
HOT CAKES (PIKELETS)

## AFTERNOON TEA

3:00PM - 3:30PM

### SANDWICHES OR WRAPS

SPREAD SANDWICHES | GF  
VEGEMITE; HONEY; STRAWBERRY  
JAM

SAVOURY TOPPINGS | GF  
HAM & CHEESE; PLAIN HAM;  
SALAMI AND CHEESE; PLAIN  
SALAMI; CHICKEN;  
SALAD OPTIONS: LETTUCE &  
TOMATO

### SPECIALS

ONE OF THE FOLLOWING:  
CORN CHIPS & SALSA  
PRETZELS  
TREAT CAKE  
TREAT PLAIN BISCUIT  
ALTERNATIVE FOR ALLERGIES AND  
DIETARY REQUIREMENTS:  
OUTBACK AUSTRALIAN ANIMALS  
BISCUITS | GF; DF; EF; NF; V

### FRESH FRUIT

AN ASSORTMENT OF THE FOLLOWING:  
WATERMELON; APPLES; ORANGES;  
STRAWBERRIES; GRAPES;  
ROCKMELON; HONEYDEW; PINEAPPLE;  
BLUEBERRIES

### VEGETABLES

AN ASSORTMENT OF THE FOLLOWING:  
CARROT; CAPSICUM; CUCUMBER

### RICE CAKES

FLAVOURS:  
ORIGINAL/SOUR CREAM & CHIVES/  
SALT & VINEGAR/CHEESE

### CRACKERS

PLAIN/CHICKEN/SEAWEED/BBQ/  
CHEESE/ETC

## PLEASE NOTE:

Menu Items may vary depending upon availability  
Mealtimes are flexible according to individual areas  
needs and incursions.

## DIETARY KEY:

The following symbols will denote items that  
have alternative dietary options available.

Gluten Free.....GF  
Dairy Free.....DF  
Nut Free.....NF  
Soy Free.....SF  
Egg Free.....EF  
Vegan.....V

