

Eating meals in day order will ensure optimum freshness and nutritional balance.

Breakfast
and morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Almond & Honey Oat Crunch with Peaches and Vanilla Yoghurt Fruit	Bacon , Egg and Fresh Breakfast Tomato on Soy & Linseed Toast Orange Juice	Granola Clusters & Raisins with skim milk* Multigrain Toast with Plum Jam Mandarin	Smokehouse Ham, Tasty Cheese and Tomato on Wholemeal & Seed Toast Orange	Honey Muesli Flakes with skim milk* Mixed Berry Yoghurt Fruit Salad Cup	Pumpkin & Corn Fritters , Egg and Tomato Chutney Orange	LARGER SERVE Cranberry Coconut Crunch with skim milk* Red Apple
Optional	Toasted Fruit Muffin with Butter and Marmalade Orange	Nut Cluster Crunch with skim milk* Rye Toast with Strawberry Jam Red Apple	Fresh Omelette (Two Eggs, Ham & Tomato Mix and Cheese) Peach Cup	Fruity Almond Crunch with skim milk* Multigrain Toast with Butter and Vegemite Red Apple	Bacon , Egg and Tomato on a toasted Multigrain Muffin Mandarin	Fruit & Grain Loaf with Ricotta and Honey Green Apple	Beans n' Bacon on Wholemeal & Seed Toast Orange

Lunch
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Sliced Roast Chicken with Marinated Vegetable Salad and Balsamic Vinaigrette Red Apple Dried Apricots	Turkey, Cranberry & Walnut Salad with Creamy Ranch Dressing Fruit 9 Grain Crispbread with Butter and Vegemite	Curried Egg Spread and Baby Leaf on a Long Multigrain Roll Peaches with Raspberry Sauce Cinnamon Oat Bar	Spaghetti Carbonara Peach & Pear Cup Mango Yoghurt	LARGER MEAL Chicken Breast Fillet, Bacon , Tomato and Mayonnaise on a Grain Roll Red Apple	Chicken & Cashew Bowl Peach Snack Cup Choc Cranberry Trail Mix	Moroccan Lamb Hotpot Mandarin Savoury Muffin
Optional	LARGER MEAL Quinoa & Cranberry Slaw with Tuna and Lemon Vinaigrette Fruit Salad Cup	Smoked Beef, Salad, Tasty Cheese and Mustard Relish in a Sandwich Thin Kiwifruit Apple, Cherry & Almond Cake	Beef & Broccolini Stir Fry Red Apple Vanilla Yoghurt with Yoghurt Sprinkle	LARGER MEAL Sliced Roast Chicken, Guacamole and Tomato in a Wrap Green Apple	LARGER MEAL Penne Pesto Pasta Golden Raisin Mix Savoury Beer Nuts	Smokehouse Ham, Tomato and Mayonnaise on a Grain Roll Kiwifruit Roasted Almonds	LARGER MEAL Sliced Chicken, Tomato and Cranberry Sauce sandwich on Rye Peach Snack Cup



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Popular	<p>A</p> <p>Nut Cluster Crunch with skim milk*</p> <p>Soy & Linseed Toast with Peanut Butter</p> <p>.....</p> <p>Fresh Fruit</p>	<p>A</p> <p>Bacon and Egg Mayo on a toasted Multigrain Muffin</p> <p>.....</p> <p>Fruit</p>	<p>A</p> <p>Granola Clusters & Raisins with skim milk*</p> <p>Mango Yoghurt</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p>A</p> <p>Two Eggs and Tomato on Multigrain Toast</p> <p>.....</p> <p>Orange</p>	<p>A</p> <p>Fruity Almond Crunch with skim milk*</p> <p>Soy & Linseed Toast with Apricot Jam</p> <p>.....</p> <p>Red Apple</p>	<p>A</p> <p>Bacon & Zucchini Bread with Egg and Tomato Chutney</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>A</p> <p>Almond Toasted Muesli with skim milk*</p> <p>Soy & Linseed Toast with Honey</p> <p>.....</p> <p>Orange Juice</p>
Optional	<p>B</p> <p>Two Eggs and Tomato on a toasted Multigrain Muffin</p> <p>.....</p> <p>Mandarin</p>	<p>B</p> <p>Almond Toasted Muesli with skim milk*</p> <p>Wholemeal & Seed Toast with Butter and Vegemite</p> <p>.....</p> <p>Kiwifruit</p>	<p>B</p> <p>Ham, Cheese and Tomato Sandwich Thin Toastie</p> <p>.....</p> <p>Red Apple</p>	<p>B</p> <p>LARGER SERVE</p> <p>Cranberry Coconut Crunch with skim milk*</p> <p>.....</p> <p>Pear Cup</p>	<p>B</p> <p>Eggs Benedict (Egg, Bacon, Baby Spinach and Hollandaise Sauce on Ciabatta Toast)</p> <p>.....</p> <p>Orange Juice</p>	<p>B</p> <p>Nut Cluster Crunch with skim milk*</p> <p>Peach Yoghurt</p> <p>.....</p> <p>Red Apple</p>	<p>B</p> <p>Toasted Fruit Muffin with Butter and Strawberry Jam</p> <p>.....</p> <p>Green Apple</p>

Lunch
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>LARGER MEAL</p> <p>Chicken & Ham Wrap with Salad, Caesar Dressing and Parmesan Cheese</p> <p>.....</p> <p>Vanilla Pears with Orange Syrup</p>	<p>A</p> <p>Roast Chicken & Sweet Potato Salad with Fetta Cheese and French Vinaigrette</p> <p>Orange</p> <p>Ciabatta Toast with Smashed Avocado and Tomato</p>	<p>A</p> <p>Asian Chicken Slaw with Tamari Flecks and Soy & Mirin Dressing</p> <p>Mandarin</p> <p>.....</p> <p>Dry Roasted Almonds</p>	<p>A</p> <p>Beef Nachos with Fresh Tomato Salsa and melted Cheese</p> <p>Red Apple</p> <p>.....</p> <p>Banana & Apple Bread</p>	<p>A</p> <p>Dahl Curry with Rice</p> <p>Fruit Salad Cup</p> <p>.....</p> <p>Multigrain Rice Crackers with Salsa Dip</p>	<p>A</p> <p>Spaghetti Bolognese</p> <p>Mandarin</p> <p>.....</p> <p>Flame Raisins & Almonds</p>	<p>A</p> <p>Seasoned Chicken with Mushroom Risotto</p> <p>Red Apple</p> <p>.....</p> <p>Mango Yoghurt</p>
Optional	<p>B</p> <p>Tuna Mornay Pasta Bake</p> <p>Orange</p> <p>.....</p> <p>Double Chocolate Cake</p>	<p>B</p> <p>Classic Supreme Pizza with melted Cheese</p> <p>Peach Cup</p> <p>.....</p> <p>Popcorn</p>	<p>B</p> <p>Roast Lamb</p> <p>Red Apple</p> <p>.....</p> <p>Fruit & Nut Cookie</p>	<p>B</p> <p>Pumpkin Soup with two slices of Oat & Rye Toast and Butter</p> <p>Sunshine Fruit Mix</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>B</p> <p>Roast Chicken Tender, Tomato and Mayonnaise on a Long Multigrain Roll</p> <p>Green Apple</p> <p>.....</p> <p>Mixed Berry Yoghurt</p>	<p>B</p> <p>Sliced Roast Chicken, Guacamole and Tomato in a Wrap</p> <p>Kiwifruit</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p>	<p>B</p> <p>Roast Beef, Tomato and Corn Relish sandwich on Rye</p> <p>Orange</p> <p>.....</p> <p>Cashews & Cranberries</p>



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Popular	<p>A</p> <p>Fresh Omelette (Two Eggs, Ham & Tomato Mix and Cheese)</p> <p>.....</p> <p>Fresh Fruit</p>	<p>A</p> <p>Rice Porridge with Pears & Pecans in Maple Syrup</p> <p>.....</p> <p>Vanilla Yoghurt</p>	<p>A</p> <p>Bacon, Egg and Tomato on Wholemeal & Seed Toast</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>A</p> <p>Fruity Almond Crunch with skim milk*</p> <p>Rye Toast with Apricot Jam</p> <p>.....</p> <p>Orange</p>	<p>A</p> <p>LARGER SERVE</p> <p>Cranberry Coconut Crunch with skim milk*</p> <p>.....</p> <p>Mandarin</p>	<p>A</p> <p>Bacon, Egg and Tomato on a toasted Multigrain Muffin</p> <p>.....</p> <p>Orange</p>	<p>A</p> <p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Multigrain Toast with Strawberry Jam</p> <p>.....</p> <p>Red Apple</p>
Optional	<p>B</p> <p>Granola Clusters & Raisins with skim milk*</p> <p>Mixed Berry Yoghurt</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>B</p> <p>Honey Muesli Flakes with skim milk*</p> <p>Multigrain Toast with Marmalade</p> <p>.....</p> <p>Kiwifruit</p>	<p>B</p> <p>Toasted Fruit Muffin with Butter and Strawberry Jam</p> <p>.....</p> <p>Red Apple</p>	<p>B</p> <p>Bacon, Egg and Fresh Breakfast Tomato on Wholemeal & Seed Toast</p> <p>.....</p> <p>Green Apple</p>	<p>B</p> <p>Pumpkin & Corn Fritters, Egg and Tomato Chutney</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>B</p> <p>Almond Toasted Muesli with skim milk*</p> <p>Mango Yoghurt</p> <p>.....</p> <p>Green Apple</p>	<p>B</p> <p>Beans n' Bacon on Soy & Linseed Toast</p> <p>.....</p> <p>Orange</p>

Lunch
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>A</p> <p>Sliced Roast Chicken with Crispy Noodle Salad and Vietnamese Vinaigrette</p> <p>Fruit</p> <p>.....</p> <p>Date & Ginger Cookie</p>	<p>A</p> <p>Chargrilled Lamb with Greek Style Salad, Fetta and Creamy Dressing</p> <p>Tropical Crush</p> <p>.....</p> <p>Mixed Grain Crackers</p>	<p>A</p> <p>Chicken Dim Sims with Canton Dressing</p> <p>Orange</p> <p>.....</p> <p>Banana & Date Muffin</p>	<p>A</p> <p>Creamy Chicken & Risoni</p> <p>Pear Cup</p> <p>.....</p> <p>Peach Yoghurt</p>	<p>A</p> <p>LARGER MEAL</p> <p>Beef Burger with Caramelised Onion, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll</p> <p>.....</p> <p>Red Apple</p>	<p>A</p> <p>Italian Spaghetti & Meatballs</p> <p>Golden Raisin Mix</p> <p>.....</p> <p>Beer Nuts</p>	<p>A</p> <p>Sweet Chicken Curry</p> <p>Peach & Pear Cup</p> <p>.....</p> <p>Popcorn</p>
Optional	<p>B</p> <p>Baked Potato Bolognaise</p> <p>Red Apple</p> <p>.....</p> <p>Corn Chips with Salsa Dip</p>	<p>B</p> <p>Chicken Noodle Soup with Ciabatta Toast and Butter</p> <p>Orange</p> <p>.....</p> <p>Apple & Sultana Pancake</p>	<p>B</p> <p>Tasty Cheese, Salad and Caramelised Onion in a Sandwich Thin</p> <p>Peach Cup</p> <p>.....</p> <p>Sweet Corn Fritters with Tomato Jam</p>	<p>B</p> <p>Salmon, Baby Cucumber and Mayonnaise on a Long Multigrain Roll</p> <p>Mandarin</p> <p>.....</p> <p>Choc Hazelnut & Fruit Mix</p>	<p>B</p> <p>Chicken Teriyaki</p> <p>Orange</p> <p>.....</p> <p>Savoury Beer Nuts</p>	<p>B</p> <p>Sliced Chicken, Tomato and Mayonnaise in a Wrap</p> <p>Mandarin</p> <p>.....</p> <p>Banana & Apple Bread</p>	<p>B</p> <p>Corned Beef, Tomato and Mustard Relish sandwich on Multigrain</p> <p>Kiwifruit</p> <p>.....</p> <p>Mango Yoghurt</p>



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Popular	Egg, Tomato & Spinach with Smashed Avocado on Oat & Rye Toast	Apple, Cranberry & Bran Flakes with skim milk* Wholemeal & Seed Toast with Butter and Vegemite	Nut Cluster Crunch with skim milk* Peach Yoghurt	Eggs Benedict (Egg, Bacon , Baby Spinach and Hollandaise Sauce on Ciabatta Toast)	Fruity Almond Crunch with skim milk* Multigrain Toast with Peanut Butter	Pikelets with Strawberry Compote and Honey Yoghurt	Granola Clusters & Raisins with skim milk* Rye Toast with Plum Jam
Optional	Fresh Fruit	Fruit	Fruit Salad Cup	Red Apple	Orange	Mandarin	Peach Snack Cup
Popular	Toasted Fruit Muffin with Butter and Plum Jam	Berry Bircher Muesli with Honey Yoghurt	Ham, Cheese and Tomato Sandwich Thin Toastie	Almond Oat Crunch with skim milk* Vanilla Yoghurt	Bacon & Zucchini Bread with Egg and Tomato Chutney	Creamy Almond & Vanilla Oats Soy & Linseed Toast with Butter and Vegemite	Tasty Beef Mix and Cheese on Wholemeal & Seed Toast
Optional	Peach Snack Cup	Orange	Red Apple	Kiwifruit	Mandarin	Orange Juice	Green Apple

Lunch
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Warm Chicken & Cous Cous Moroccan Salad with Yoghurt Dressing Peaches & Apricots	BBQ Chicken & Ham Pizza with melted Cheese Sweet Pineapple Bites	Lightly Spiced Chicken with a Mixed Spinach Salad and French Vinaigrette Mandarin	Shepherd's Pie	Broccoli & Chicken Pasta Bake Fruit Salad Cup	Roast Chicken Tender , Tomato and Mayonnaise in a Wrap Sunshine Fruit Mix	Roast Chicken & Gravy Red Apple
Optional	Tropical Beer Nuts	Mixed Grain Crackers	Apple Crumble	Pear, Prune & Apple Combo with Vanilla Yoghurt and Slivered Almonds	Cheese & Crackers	Sweetly Salted Popcorn	Double Chocolate Cake
Popular	Smokehouse Ham, Salad and Mayonnaise in a Wrap Green Apple	Tasmanian Salmon Risotto Kiwifruit	Tomato Soup with Ciabatta Toast and Butter Peach & Pear Cup	Roast Chicken Tender , Tomato and Mayonnaise on a Long Multigrain Roll Mandarin	Smoked Beef, Tomato and Fruit Chutney sandwich on Soy & Linseed Green Apple	Spaghetti Bolognese Red Apple	Roast Beef, Tomato and Corn Relish sandwich on Multigrain Orange
Optional	Corn & Parmesan Muffin	Classic Choc & Oats Bar	Maple Coconut Crunch with Cranberries	Beer Nuts	Mango Yoghurt	Almond & Mango Fruit Mix	Multigrain Rice Crackers with Salsa Dip



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