

Breakfast
and morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Creamy Cranberry & Apple Oats</p> <p>Wholemeal & Seed Toast with Peanut Butter</p> <p>Fresh Fruit</p>	<p>Bacon and Egg Mayo on a toasted Multigrain Muffin</p> <p>Fruit</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Mango Yoghurt</p> <p>Orange Juice</p>	<p>Two Eggs and Fresh Breakfast Tomato on Multigrain Toast</p> <p>Mandarin</p>	<p>LARGER SERVE</p> <p>Cranberry Coconut Crunch with skim milk*</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Soy & Linseed Toast with Strawberry Jam</p> <p>Peach Snack Cup</p>	<p>Egg and Bacon & Zucchini Bread with Tomato Chutney</p> <p>Red Apple</p>
Optional	<p>Toasted Fruit Muffin with Butter and Apricot Jam</p> <p>Red Apple</p>	<p>Berry Bircher Muesli with Honey Yoghurt</p> <p>Orange</p>	<p>Smokehouse Ham, Tasty Cheese and Tomato on Rye Toast</p> <p>Green Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Wholemeal & Seed Toast with Butter and Vegemite</p> <p>Peach & Pear Cup</p>	<p>Bacon, Egg and Tomato on a toasted Multigrain Muffin</p> <p>Fruit Salad Cup</p>	<p>Beans n' Bacon on Multigrain Toast</p> <p>Mandarin</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Soy & Linseed Toast with Marmalade</p> <p>Kiwifruit</p>

Lunch
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Thai Salad with Sliced Chicken and Hoisin Dressing</p> <p>Pear Cup</p> <p>Double Chocolate Cake</p>	<p>Mediterranean Salad with Sliced Chicken, Fetta and Italian Dressing</p> <p>Tropical Crush</p> <p>Savoury Nut Mix</p>	<p>Meatlovers Pasta Bake</p> <p>Mandarin</p> <p>Cinnamon Oat Bar</p>	<p>LARGER MEAL</p> <p>Beef Burger with Caramelised Onion, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll</p> <p>Golden Raisin Mix</p>	<p>Indian Chicken Rice</p> <p>Red Apple</p> <p>Mixed Berry Yoghurt</p>	<p>Creamy Tuscan Style Chicken</p> <p>Orange</p> <p>Corn Chips with Salsa Dip</p>	<p>LARGER MEAL</p> <p>Sliced Roast Chicken, Smashed Avocado and Tomato in a Wrap</p> <p>Fruit Salad Cup</p>
Optional	<p>Corned Beef, Tomato and Mustard Relish Sandwich on Wholemeal & Seed</p> <p>Orange</p> <p>Passionfruit Yoghurt</p>	<p>Roast Beef, Salad and Corn Relish Sandwich on Soy & Linseed</p> <p>Green Apple</p> <p>Choc Cranberry Trail Mix</p>	<p>Tuna, Baby Cucumber and Mayonnaise Sandwich on Multigrain</p> <p>Peach Snack Cup</p> <p>Sweetly Salted Popcorn</p>	<p>Chicken Noodle Soup with Ciabatta Toast and Butter</p> <p>Red Apple</p> <p>Banana & Apple Bread</p>	<p>Smokehouse Ham, Baby Spinach and Mayonnaise on a Grain Roll</p> <p>Mandarin</p> <p>Lavosh Crackers and Cheese</p>	<p>Tasty Cheese, Tomato and Caramelised Onion Sandwich on Soy & Linseed</p> <p>Kiwifruit</p> <p>Tropical Peanuts</p>	<p>Baked Potato Bolognese</p> <p>Orange</p> <p>Dry Roasted Almonds</p>



Depending on seasonality, your **Fresh Fruit** for the week may include grapes, pineapple, melons or strawberries.



* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)



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Popular	Apple, Cranberry & Bran Flakes with skim milk* Wholemeal & Seed Toast with Butter and Vegemite Fruit	Egg, Tomato & Spinach with Smashed Avocado on Oat & Rye Toast Red Apple	Nut Cluster Crunch with skim milk* Vanilla Yoghurt Mandarin	Bacon, Egg and Tomato on a toasted Multigrain Muffin Red Apple	Fruity Almond Crunch with skim milk* Soy & Linseed Toast with Apricot Jam Orange	Smokehouse Ham, Tasty Cheese and Tomato on Multigrain Toast Mandarin	Granola Clusters & Crimson Raisins with skim milk* Rye Toast with Plum Jam Peach Snack Cup
Optional	Two Eggs and Tomato on a toasted Multigrain Muffin Kiwi fruit	Honey Muesli Flakes with skim milk* Wholemeal & Seed Toast with Peanut Butter Mandarin	Smokehouse Ham, Tasty Cheese and Tomato on Soy & Linseed Toast Orange Juice	LARGER SERVE Cranberry Coconut Crunch with skim milk* Orange	Tasty Beef Mix with Cheese on Multigrain Toast Fruit Salad Cup	Creamy Cranberry & Apple Oats Mixed Berry Yoghurt Red Apple	Toasted Fruit Muffin with Butter and Strawberry Jam Green Apple

Lunch
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Classic Supreme Pizza with melted Cheese Fresh Fruit Popcorn	Lemongrass Chicken Bites on a Layered Salad with Roasted Peanuts and Vietnamese Dressing Berries & Cherries with Vanilla Yoghurt and Slivered Almonds	Tomato & Quinoa Salad with Crispy Bacon and Tomato Vinaigrette Vanilla Pears with Orange Syrup 9 Grain Crispbread with Butter and Vegemite	Hokkien Stir Fry Noodles Peach Cup Choc Hazelnut & Fruit Mix	Butter Chicken Wrap with Baby Cucumber and Raita Red Apple Passionfruit Yoghurt	Roast Lamb Peach & Pear Cup Sweet Pumpkin Mini Muffin	Mexican Chicken Stack Orange Almonds, Pretzels & Peanuts
Optional	LARGER MEAL Sliced Chicken, Salad and Cranberry Sauce Sandwich on Rye Pear Cup	Pumpkin Soup with Oat & Rye Toast and Butter Green Apple Mixed Nuts	Salmon, Baby Cucumber and Mayonnaise on a Long Multigrain Roll Red Apple Double Chocolate Cake	LARGER MEAL Smoked Beef, Tasty Cheese, Tomato and Mustard Relish Sandwich on Rye Mandarin	Tasty Cheese, Tomato and Caramelised Onion Sandwich on Soy & Linseed Dried Apricots Almond & Mango Fruit Mix	Sliced Roast Chicken, Tomato and Mayonnaise on a Grain Roll Orange Multigrain Rice Crackers with Salsa Dip	Roast Beef, Tomato and Corn Relish Sandwich on Multigrain Kiwi fruit Mango Yoghurt



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Popular	Almond & Honey Oat Crunch with Vanilla Yoghurt and Peaches	Pumpkin & Corn Fritters , Egg and Tomato Chutney	Creamy Almond & Vanilla Oats Multigrain Toast with Strawberry Jam	Eggs Florentine (Egg, Baby Spinach and Florentine Sauce) on Ciabatta Toast	Honey Muesli Flakes with skim milk* Mixed Berry Yoghurt	Bacon , Egg and Tomato on a toasted Multigrain Muffin	LARGER SERVE Cranberry Coconut Crunch with skim milk*
	Fruit	Fresh Fruit	Orange	Mandarin	Orange Juice	Peach Snack Cup	Red Apple
Optional	Smokehouse Ham, Tasty Cheese and Tomato on a toasted Multigrain Muffin	Fruity Almond Crunch with skim milk* Multigrain Toast with Marmalade	Bacon , Egg and Fresh Breakfast Tomato on Wholemeal & Seed Toast	Granola Clusters & Crimson Raisins with skim milk* Rye Toast with Apricot Jam	Toasted Fruit Muffin with Butter and Plum Jam	Almond Toasted Muesli with skim milk* Passionfruit Yoghurt	Beans n' Bacon on Soy & Linseed Toast
	Orange	Peach Snack Cup	Pear Cup	Kiwifruit	Green Apple	LARGER MEAL	Peach & Pear Cup

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Popular	LARGER MEAL Sliced Roast Chicken with Apple & Walnut Salad and Honey Mustard Dressing	Spaghetti Bolognaise Mandarin	Sliced Roast Chicken with Beetroot & Baby Leaf Salad and French Vinaigrette Sunshine Fruit Mix	Chicken Teriyaki Peach Cup	LARGER MEAL Chicken Breast Fillet, Bacon, Tomato, Baby Spinach and Mayonnaise on a Grain Roll	Beef & Broccolini Stir Fry Orange	Sliced Roast Chicken, Tomato and Mayonnaise in a Wrap Fruit Salad Cup
	Peaches & Apricots	Multigrain Rice Crackers with Salsa Dip	Double Choc Berry Pudding	Mango Yoghurt	Red Apple	Roasted Peanut & Savoury Mix	Sweetly Salted Popcorn
Optional	Smoked Beef, Tomato and Fruit Chutney Sandwich on Wholemeal & Seed	Roast Chicken Tender , Tomato and Mayonnaise on a Long Multigrain Roll	Tomato Soup with Ciabatta Toast and Butter	Smokehouse Ham, Baby Spinach and Mayonnaise on a Grain Roll	Tasty Cheese, Tomato and Caramelised Onion Sandwich on Multigrain	Tuna, Tomato and Mayonnaise Sandwich on Soy & Linseed	Penne Pesto Pasta Orange
	Kiwifruit	Green Apple	Mandarin	Red Apple	Mandarin	Red Apple	Walnut & Date Cake
	9 Grain Crispbread with Butter and Vegemite	Vanilla Yoghurt	Peanuts & Rice Crackers	Date & Ginger Cookie	Corn Chips	Cashews & Cranberries	



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Popular	<p>A</p> <p>Fresh Omelette (Two Eggs, Ham & Mushroom Mix and Cheese)</p> <p>Pear Cup</p>	<p>A</p> <p>Almond Toasted Muesli with skim milk* Passionfruit Yoghurt</p> <p>Fresh Fruit</p>	<p>A</p> <p>Bacon, Egg and Tomato on a toasted Multigrain Muffin</p> <p>Fruit</p>	<p>A</p> <p>Apple, Cranberry & Bran Flakes with skim milk* Rye Toast with Apricot Jam</p> <p>Mandarin</p>	<p>A</p> <p>Smokehouse Ham, Tasty Cheese and Tomato on Wholemeal & Seed Toast</p> <p>Red Apple</p>	<p>A</p> <p>Granola Clusters & Crimson Raisins with skim milk* Soy & Linseed Toast with Plum Jam</p> <p>Orange</p>	<p>A</p> <p>Pikelets with Strawberry Compote and Honey Yoghurt</p> <p>Mandarin</p>
Optional	<p>B</p> <p>Creamy Almond & Vanilla Oats Soy & Linseed Toast with Honey</p> <p>Red Apple</p>	<p>B</p> <p>Smokehouse Ham, Tasty Cheese and Tomato on a toasted Multigrain Muffin</p> <p>Orange</p>	<p>B</p> <p>Berry Bircher Muesli with Honey Yoghurt</p> <p>Green Apple</p>	<p>B</p> <p>Toasted Fruit Muffin with Butter and Marmalade</p> <p>Fruit Salad Cup</p>	<p>B</p> <p>Honey Muesli Flakes with skim milk* Mango Yoghurt</p> <p>Orange Juice</p>	<p>B</p> <p>Two Eggs and Tomato on Multigrain Toast</p> <p>Peach Snack Cup</p>	<p>B</p> <p>Nut Cluster Crunch with skim milk* Wholemeal & Seed Toast with Butter and Vegemite</p> <p>Green Apple</p>

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Popular	<p>A</p> <p>Sliced Roast Chicken with Crunchy Corn Salad and Garlic Lemon Vinaigrette Orange</p> <p>Ciabatta Toast with Guacamole and Tomato</p>	<p>A</p> <p>Chef's Salad with Sautéed Potato & Bacon and French Vinaigrette Peaches with Raspberry Sauce</p> <p>Fruit & Nut Cookie</p>	<p>A</p> <p>Beef Nachos with Fresh Tomato Salsa and melted Cheese Sweet Pineapple Bites</p> <p>Vanilla Yoghurt</p>	<p>A</p> <p>Roast Chicken Penne Red Apple</p> <p>Dry Roasted Almonds</p>	<p>A</p> <p>Soy Chicken Tender, Baby Cucumber and Peking BBQ Sauce in a Wrap Peach Snack Cup</p> <p>Choc Cranberry Trail Mix</p>	<p>A</p> <p>Pulled Texas BBQ Lamb Red Apple</p> <p>Lavosh Crackers and Cheese</p>	<p>A</p> <p>Country Vegetable & Bacon Soup with Ciabatta Toast and Butter Peach & Pear Cup</p> <p>Banana & Apple Bread</p>
Optional	<p>B</p> <p>Corned Beef, Tomato and Mustard Relish Sandwich on Wholemeal & Seed Kiwifruit</p> <p>Mixed Berry Yoghurt</p>	<p>B</p> <p>Tasmanian Salmon Risotto Red Apple</p> <p>Popcorn</p>	<p>B</p> <p>Sliced Roast Chicken, Baby Spinach and Mayonnaise in a Wrap Mandarin</p> <p>Roasted Maple Walnuts & Cashews</p>	<p>LARGER MEAL B</p> <p>Roast Beef, Beetroot, Baby Spinach and Caramelised Onion Sandwich on Soy & Linseed Sunshine Fruit Mix</p>	<p>B</p> <p>Shepherd's Pie Orange</p> <p>Almonds, Pretzels & Peanuts</p>	<p>B</p> <p>Sliced Chicken, Tomato and Mayonnaise on a Grain Roll Mandarin</p> <p>Apple, Cherry & Almond Cake</p>	<p>B</p> <p>Tasty Cheese, Tomato and Caramelised Onion Sandwich on Multigrain Kiwifruit</p> <p>Savoury Popped Sorghum Mix</p>



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