

Breakfast
and morning snack

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

Lunch
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>A</p> <p>Thai Salad with Sliced Chicken and Hoisin Dressing</p> <p>Pear Cup</p> <p>Double Chocolate Cake</p> <p>Soy & Linseed Toast with Guacamole and Tomato</p>	<p>A</p> <p>Mediterranean Salad with Sliced Chicken, Fetta and Italian Dressing</p> <p>Tropical Crush</p> <p>.....</p> <p>Savoury Nut Mix</p> <p>Walnut & Date Cake</p>	<p>A</p> <p>Meatlovers Pasta Bake</p> <p>Mandarin</p> <p>.....</p> <p>Cinnamon Oat Bar</p> <p>Almonds, Pretzels & Peanuts</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>Golden Raisin Mix</p> <p>Spinach & Fetta Muffin</p>	<p>A</p> <p>Indian Chicken Rice</p> <p>Red Apple</p> <p>.....</p> <p>Mixed Berry Yoghurt</p> <p>Roasted Maple Walnuts & Cashews</p>	<p>A</p> <p>Creamy Tuscan Style Chicken</p> <p>Orange</p> <p>.....</p> <p>Corn Chips with Salsa Dip</p> <p>Apple & Cranberry Muffin</p>	<p>A</p> <p>LARGER MEAL</p> <p>Sliced Roast Chicken, Smashed Avocado and Tomato in a Wrap</p> <p>.....</p> <p>Fruit Salad Cup</p> <p>Pikelets and Strawberry Jam</p>
Optional	<p>B</p> <p>Corned Beef, Tomato and Mustard Relish Sandwich on Wholemeal & Seed</p> <p>Orange</p> <p>.....</p> <p>Passionfruit Yoghurt</p> <p>Apple, Cherry & Almond Cake</p>	<p>B</p> <p>Roast Beef, Salad and Corn Relish Sandwich on Soy & Linseed</p> <p>Green Apple</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p> <p>Multigrain Rice Crackers with Salsa Dip</p>	<p>B</p> <p>Tuna, Baby Cucumber and Mayonnaise Sandwich on Multigrain</p> <p>Peach Snack Cup</p> <p>.....</p> <p>Sweetly Salted Popcorn</p> <p>Ciabatta Toast with Peanut Butter</p>	<p>B</p> <p>Chicken Noodle Soup with Ciabatta Toast and Butter</p> <p>Red Apple</p> <p>.....</p> <p>Banana & Apple Bread</p> <p>Mixed Nuts</p>	<p>B</p> <p>Smokehouse Ham, Baby Spinach and Mayonnaise on a Grain Roll</p> <p>Mandarin</p> <p>.....</p> <p>Lavosh Crackers and Cheese</p> <p>Classic Choc & Oats Bar</p>	<p>B</p> <p>Tasty Cheese, Tomato and Caramelised Onion Sandwich on Soy & Linseed</p> <p>Kiwifruit</p> <p>.....</p> <p>Tropical Peanuts</p> <p>9 Grain Crispbread with Butter and Vegemite</p>	<p>B</p> <p>Baked Potato Bolognese</p> <p>Orange</p> <p>.....</p> <p>Dry Roasted Almonds</p> <p>Apple & Sultana Pancake</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)



Items in red are stored in the freezer

Breakfast
and morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Two slices of Wholemeal & Seed Toast with Butter (2) and Vegemite</p> <p>Fruit</p>	<p>Two Eggs, Tomato & Spinach with Smashed Avocado and Fetta on two slices of Oat & Rye Toast</p> <p>Red Apple</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Multigrain Toast with Honey</p> <p>Vanilla Yoghurt</p> <p>Mandarin</p>	<p>Bacon, two Eggs, Tasty Cheese and Tomato on a toasted Multigrain Muffin</p> <p>Red Apple</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Butter and Apricot Jam</p> <p>Orange</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Smokehouse Ham, Tasty Cheese and Tomato on Multigrain Toast</p> <p>Mandarin</p>	<p>Granola Clusters & Crimson Raisins with skim milk*</p> <p>Two slices of Rye Toast with Butter and Plum Jam</p> <p>Peach Snack Cup</p>
	Optional	<p>Bacon, two Eggs, Tasty Cheese and Tomato on a toasted Multigrain Muffin</p> <p>Kiwifruit</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of Wholemeal & Seed Toast with Peanut Butter and Strawberry Jam</p> <p>Mandarin</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Smokehouse Ham, Tasty Cheese and Tomato on Soy & Linseed Toast</p> <p>Orange Juice</p>	<p>LARGER SERVE</p> <p>Cranberry Coconut Crunch with Honey Yoghurt</p> <p>Ciabatta Toast with Plum Jam</p> <p>Orange</p>	<p>Tasty Beef Mix with Cheese on two slices of Multigrain Toast</p> <p>Fruit Salad Cup</p>	<p>Creamy Cranberry & Apple Oats</p> <p>Rye Toast with Marmalade</p> <p>Mixed Berry Yoghurt</p> <p>Red Apple</p>

Lunch
and afternoon snack

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



Items in red are stored in the freezer

Breakfast
and morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Almond & Honey Oat Crunch with Vanilla Yoghurt and Peaches Wholemeal & Seed Toast with Butter and Vegemite Fruit	Pumpkin & Corn Fritters with Bacon, two Eggs, Cheese and Tomato Chutney Fresh Fruit	Creamy Almond & Vanilla Oats Two slices of Multigrain Toast with Butter and Strawberry Jam Orange	Eggs Florentine (Two Eggs, Baby Spinach and Florentine Sauce) on two slices of Ciabatta Toast Mandarin	Honey Muesli Flakes with skim milk* Soy & Linseed Toast with Peanut Butter Mixed Berry Yoghurt Orange Juice	Bacon , two Eggs, Tasty Cheese and Tomato on a toasted Multigrain Muffin Peach Snack Cup	LARGER SERVE Cranberry Coconut Crunch with Vanilla Yoghurt Ciabatta Toast with Apricot Jam Red Apple
Optional	Nut Cluster Crunch with skim milk* Smokehouse Ham, Tasty Cheese and Tomato on a toasted Multigrain Muffin Orange	Fruity Almond Crunch with skim milk* Two slices of Multigrain Toast with Butter and Marmalade Peach Snack Cup	Bacon , two Eggs and Fresh Breakfast Tomato on Wholemeal & Seed Toast with Butter Pear Cup	Granola Clusters & Crimson Raisins with skim milk* Two slices of Rye Toast with Butter and Apricot Jam Kiwifruit	Almond Oat Crunch with skim milk* Toasted Fruit Muffin with Butter and Plum Jam Green Apple	Almond Toasted Muesli with skim milk* Rye Toast with Strawberry Jam Passionfruit Yoghurt Mandarin	Beans n' Bacon with Cheese on two slices of Soy & Linseed Toast Peach & Pear Cup

Lunch
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	LARGER MEAL Sliced Roast Chicken with Apple & Walnut Salad and Honey Mustard Dressing Peaches & Apricots Mixed Nuts	Spaghetti Bolognese Mandarin	Sliced Roast Chicken with Beetroot & Baby Leaf Salad and French Vinaigrette Sunshine Fruit Mix Double Choc Berry Pudding Savoury Nut Mix	Chicken Teriyaki Peach Cup Mango Yoghurt Maple Coconut Crunch with Cranberries	LARGER MEAL Chicken Breast Fillet, Bacon , Tomato, Baby Spinach and Mayonnaise on a Grain Roll Red Apple Lavosh Crackers and Cheese	Beef & Broccoli Stir Fry Orange Roasted Peanut & Savoury Mix Apple & Suitana Pancake	Sliced Roast Chicken, Tomato and Mayonnaise in a Wrap Fruit Salad Cup Sweetly Salted Popcorn Double Chocolate Cake
Optional	Smoked Beef, Tomato and Fruit Chutney Sandwich on Wholemeal & Seed Kiwifruit 9 Grain Crispbread with Butter and Vegemite Almond & Mango Fruit Mix	Roast Chicken Tender , Tomato and Mayonnaise on a Long Multigrain Roll Green Apple Vanilla Yoghurt Almonds, Pretzels & Peanuts	Tomato Soup with Ciabatta Toast and Butter Mandarin Peanuts & Rice Crackers Cinnamon Oat Bar	Smokehouse Ham, Baby Spinach and Mayonnaise on a Grain Roll Red Apple Date & Ginger Cookie Ciabatta Toast with Guacamole & Tomato	Tasty Cheese, Tomato and Caramelised Onion Sandwich on Multigrain Mandarin Corn Chips Tropical Peanuts	Tuna, Tomato and Mayonnaise Sandwich on Soy & Linseed Red Apple Cashews & Cranberries Ricotta Spinach Cake	Penne Pesto Pasta Orange Walnut & Date Cake Dry Roasted Almonds



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)



Items in red are stored in the freezer

Breakfast
and morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Fresh Omelette (Two Eggs, Ham & Mushroom Mix and Cheese) with two slices of Ciabatta Toast</p> <p>Pear Cup</p>	<p>Almond Toasted Muesli with skim milk* Soy & Linseed Toast with Peanut Butter Passionfruit Yoghurt</p> <p>Fresh Fruit</p>	<p>Bacon, two Eggs, Tasty Cheese and Tomato on a toasted Multigrain Muffin</p> <p>Fruit</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Two slices of Rye Toast with Butter and Apricot Jam</p> <p>Mandarin</p>	<p>Nut Cluster Crunch with skim milk* Smokehouse Ham, Tasty Cheese and Tomato on Wholemeal & Seed Toast</p> <p>Red Apple</p>	<p>Granola Clusters & Crimson Raisins with skim milk* Two slices of Soy & Linseed Toast with Butter and Plum Jam</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk* Pikelets with Strawberry Compote and Honey Yoghurt</p> <p>Mandarin</p>
Optional	<p>Creamy Almond & Vanilla Oats Two slices of Soy & Linseed Toast with Butter and Honey</p> <p>Red Apple</p>	<p>Honey Muesli Flakes with skim milk* Smokehouse Ham, Tasty Cheese and Tomato on a toasted Multigrain Muffin</p> <p>Orange</p>	<p>Berry Bircher Muesli with Honey Yoghurt Wholemeal & Seed Toast with Strawberry Jam</p> <p>Green Apple</p>	<p>Almond Oat Crunch with skim milk* Toasted Fruit Muffin with Butter and Marmalade</p> <p>Fruit Salad Cup</p>	<p>Honey Muesli Flakes with skim milk* Soy & Linseed Toast with Peanut Butter Mango Yoghurt</p> <p>Orange Juice</p>	<p>Two Eggs and Tomato on two slices of Multigrain Toast with Butter</p> <p>Peach Snack Cup</p>	<p>Nut Cluster Crunch with skim milk* Two slices of Wholemeal & Seed Toast with Butter (2) and Vegemite</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>Sliced Roast Chicken with Crunchy Corn Salad and Garlic Lemon Vinaigrette Orange</p> <p>Ciabatta Toast with Guacamole and Tomato Banana & Date Muffin</p>	<p>Chef's Salad with Sautéed Potato & Bacon and French Vinaigrette Peaches with Raspberry Sauce</p> <p>Fruit & Nut Cookie Roasted Peanut & Savoury Mix</p>	<p>Beef Nachos with Fresh Tomato Salsa and melted Cheese Sweet Pineapple Bites</p> <p>Vanilla Yoghurt Classic Choc & Oats Bar</p>	<p>Roast Chicken Penne Red Apple</p> <p>Dry Roasted Almonds Sweet Pumpkin Mini Muffin</p>	<p>Soy Chicken Tender, Baby Cucumber and Peking BBQ Sauce in a Wrap Peach Snack Cup</p> <p>Choc Cranberry Trail Mix Corn Chips with Salsa Dip</p>	<p>Pulled Texas BBQ Lamb Red Apple</p> <p>Lavosh Crackers and Cheese Choc Hazelnut & Fruit Mix</p>	<p>Country Vegetable & Bacon Soup with Ciabatta Toast and Butter Peach & Pear Cup</p> <p>Banana & Apple Bread Peanuts, Almonds & Cashews</p>
Optional	<p>Corned Beef, Tomato and Mustard Relish Sandwich on Wholemeal & Seed Kiwifruit</p> <p>Mixed Berry Yoghurt Sweet Corn Fritters with Tomato Jam</p>	<p>Tasmanian Salmon Risotto Red Apple</p> <p>Popcorn Double Chocolate Cake</p>	<p>Sliced Roast Chicken, Baby Spinach and Mayonnaise in a Wrap Mandarin</p> <p>Roasted Maple Walnuts & Cashews Light Fruit Cake</p>	<p>LARGER MEAL Roast Beef, Beetroot, Baby Spinach and Caramelised Onion Sandwich on Soy & Linseed</p> <p>Sunshine Fruit Mix Spinach & Fetta Muffin</p>	<p>Shepherd's Pie Orange</p> <p>Almonds, Pretzels & Peanuts Sultana Tea Cake</p>	<p>Sliced Chicken, Tomato and Mayonnaise on a Grain Roll Mandarin</p> <p>Apple, Cherry & Almond Cake Peanuts & Rice Crackers</p>	<p>Tasty Cheese, Tomato and Caramelised Onion Sandwich on Multigrain Kiwifruit</p> <p>Savoury Popped Sorghum Mix Date & Ginger Cookie</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)



Items in red are stored in the freezer