

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

**Breakfast**  
and morning snack



**Lunch**  
and afternoon snack



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	Maple, Pear & Wheat Flakes with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Plum Jam  Fresh Fruit	Egg with Tomato & Spinach, Smashed Avocado on <b>Ciabatta Toast</b>  Red Apple	Nut Cluster Crunch with skim milk* <b>Rye Toast</b> with Strawberry Jam  Orange	Two Eggs, Baby Spinach and Fetta on <b>Ciabatta Toast</b>  Fresh Fruit	Apple, Cranberry & Bran Flakes with skim milk* Peach Yoghurt  Peach Snack Cup	Honey Muesli Flakes with skim milk* <b>Soy &amp; Linseed Toast</b> with Butter and Vegemite  Orange	<b>Bacon</b> , Egg and Tomato on <b>Multigrain Toast</b>  Pear Cup
<b>Optional</b>	<b>Bacon</b> , Egg and Tomato on <b>Multigrain Toast</b>  Orange	Creamy Almond & Vanilla Oats Mixed Berry Yoghurt  Peach Cup	Baked Beans and Cheese on a toasted <b>English Multigrain Muffin</b>  Red Apple	Honey Muesli Flakes with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Peanut Butter  Kiwifruit	Ham, Cheese and Tomato <b>Sandwich Thin</b> Toastie  Red Apple	Egg, Smashed Avocado and Fetta on <b>Ciabatta Toast</b>  Peach & Pear Cup	Nut Cluster Crunch with skim milk* <b>Rye Toast</b> with Strawberry Jam  Orange

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	Chicken, Ham & Egg Salad with Tasty Cheese and Creamy Cheese Dressing <b>Fresh Cut Fruit</b>  <b>Choc Chip &amp; Orange Cake</b>	BBQ Chicken & Ham Pizza with melted Cheese  Tropical Crush	Warm Lamb & Roasted Vegetable Salad with Fetta and Greek Vinaigrette Peaches with Raspberry Sauce  <b>White Chocolate Blush Cake</b>	<b>Oriental Beef &amp; Noodles</b> Cinnamon Apples  Classic Choc & Oats Bar	Sliced Roast Chicken, Tomato and Mayonnaise in a Wrap  <b>Fresh Fruit</b>	<b>Hearty Beef &amp; Barley Soup</b> with <b>Ciabatta Toast</b> and Butter Fruit Salad Cup  Vanilla Yoghurt	<b>Roast Chicken Penne</b> Red Apple  Choc Hazelnut & Fruit Mix
<b>Optional</b>	<b>Penne Pesto Pasta</b> Red Apple  Mixed Berry Yoghurt	<b>Tomato Soup</b> with <b>Ciabatta Toast</b> and Butter Kiwifruit  Mixed Nuts	<b>Slow Cooked Chinese Chicken</b>  Orange	<b>Chargrilled Chicken &amp; Parmesan Burger</b> , Tomato, Baby Spinach and Tomato Chutney on a <b>Grain Roll</b>  Orange	Mexican Pulled Beef Nachos with Smashed Avocado and melted Cheese  Red Apple	<b>Roast Chicken Tender</b> , Tomato and Mayonnaise on a <b>Long Multigrain Roll</b> Kiwifruit  9 Grain Crispbread with Butter and Vegemite	Ham, Cheese and Tomato sandwich on <b>Wholemeal &amp; Seed</b>  Peach Snack Cup

\* Remember to wash whole fruit before eating.



Depending on seasonality and availability, your **Fresh Fruit** may include any combination of pineapple, melons and grapes. **Fresh Fruit** may include strawberries, grapes, mandarins or other types of whole fresh fruit.



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

**Items in blue are stored in the freezer**

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	Maple, Pear & Wheat Flakes with skim milk* Mixed Berry Yoghurt	<b>Bacon</b> and Egg Mayo on a toasted <b>English Multigrain Muffin</b>	Nut Cluster Crunch with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Butter and Vegemite	Two Eggs and Tomato on a toasted <b>English Multigrain Muffin</b>	Creamy Almond & Vanilla Oats <b>Rye Toast</b> with Plum Jam	Egg with Smashed Avocado and Fetta on <b>Ciabatta Toast</b>	Honey Muesli Flakes with skim milk* <b>Soy &amp; Linseed Toast</b> with Honey
	Fresh Fruit	Red Apple	Orange	Fresh Fruit	Peach & Pear Cup	Fresh Fruit	Kiwifruit
Optional	Fresh Omelette (Two Eggs, Smoked Salmon Mix)	Apple & Cinnamon Bircher Muesli	Baked Beans and Cheese on <b>Multigrain Toast</b>	Almond Toasted Muesli with skim milk* Rhubarb & Apple Yoghurt	<b>Bacon</b> , Egg and Tomato on <b>Wholemeal &amp; Seed Toast</b>	Toasted <b>English Fruit Muffin</b> with Butter and Strawberry Jam	Cheese, Tomato and Smashed Avocado <b>Sandwich Thin</b> Toastie
	Orange	Peach Snack Cup	Kiwifruit	Orange	Red Apple	Fruit Salad Cup	Red Apple

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Popular	Egg & Avocado Salad with Honey Mustard Dressing	Chicken & Crunchy Corn Salad with Garlic & Lemon Vinaigrette <b>Fresh Cut Fruit</b>	<b>Chargrilled Rissoles</b> with Greek Salad and Creamy Dressing in a Wrap	<b>Sweet Chicken Curry</b> Peach Snack Cup	<b>Chargrilled Chicken &amp; Parmesan Burger</b> with Tomato, Baby Spinach and Tomato Chutney on a <b>Grain Roll</b>	<b>Spaghetti Bolognese</b> Dried Plums	<b>Sweet Soy Chicken with Rice</b> Red Apple
	Pear Cup	Vanilla Yoghurt with Yoghurt Sprinkle	Vanilla Pears	Cinnamon Oat Bar	Orange	Dry Roasted Almonds	<b>Banana &amp; Apple Bread</b>
Optional	<b>Broccoli &amp; Chicken Pasta Bake</b> Kiwifruit	<b>Tasmanian Salmon Risotto</b> Orange	<b>Pumpkin Soup</b> with a Cheese and Tomato <b>Sandwich Thin</b> Toastie Red Apple	Roast Beef, Tomato and Corn Relish sandwich on <b>Soy &amp; Linseed</b> Kiwifruit	<b>Sticky BBQ Meatballs with Mixed Vegetable Rice</b>	<b>Roast Chicken Tender</b> , Tomato and Mayonnaise on a <b>Long Multigrain Roll</b> Orange	Ham, Cheese and Tomato sandwich on <b>Multigrain</b>
	Pistachio, White Chocolate & Strawberries	<b>Apple, Cherry &amp; Almond Cake</b>	Peach Yoghurt	<b>Apple &amp; Almond Muffin</b>	Red Apple	Corn Chips with Salsa Dip	Pear Cup

\* Remember to wash whole fruit before eating.



Depending on seasonality and availability, your **Fresh Cut Fruit** may include any combination of pineapple, melons and grapes. **Fresh Fruit** may include strawberries, grapes, mandarins or other types of whole fresh fruit.



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

**Items in blue are stored in the freezer**

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
<b>Popular</b>	Two Eggs and Tomato on <b>Multigrain Toast</b>	Fruity Almond Crunch with skim milk* <b>Soy &amp; Linseed Toast</b> with Butter and Vegemite	<b>Bacon &amp; Zucchini Bread</b> with Egg and Tomato Chutney	Honey Muesli Flakes with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Peanut Butter	<b>Bacon</b> , Egg and Tomato on a toasted <b>English Multigrain Muffin</b>	Maple, Pear & Wheat Flakes with skim milk* <b>Soy &amp; Linseed Toast</b> with Plum Jam	Apple, Cranberry & Bran Flakes with skim milk* Rhubarb & Apple Yoghurt
	Fresh Cut Fruit	Fresh Fruit	Fresh Fruit	Orange	Peach Cup	Fresh Fruit	Red Apple
<b>Optional</b>	Nut Cluster Crunch with skim milk* Vanilla Yoghurt	Baked Beans and Cheese on a toasted <b>English Multigrain Muffin</b>	Creamy Cranberry & Apple Oats <b>Multigrain Toast</b> with Honey	Eggs Florentine (Egg, Baby Spinach and Florentine Sauce) on <b>Ciabatta Toast</b>	Almond Toasted Muesli with skim milk* <b>Rye Toast</b> with Strawberry Jam	Ham, Cheese and Tomato <b>Sandwich Thin</b> Toastie	<b>Bacon</b> , Egg and Tomato on <b>Wholemeal &amp; Seed Toast</b>
	Peach & Pear Cup	Kiwifruit	Orange	Red Apple	Kiwifruit	Peach Snack Cup	Orange

**Lunch**  
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	Mediterranean Chicken Salad with Italian Dressing	Chicken & Ham Salad with Caesar Dressing Apricots & Pears	<b>Minestrone Soup</b> with <b>Ciabatta Toast</b> and Butter Red Apple	Indian Spiced Chicken, Tomato and Baby Cucumber in a Turmeric & Coconut Wrap	Mexican Pulled Beef Nachos with Smashed Avocado and melted Cheese	<b>Baked Potato Bolognese</b> Red Apple	<b>Slow Cooked Beef in Tomato &amp; Paprika Sauce</b> Fruit Salad Cup
	Pears & Apples in Yoghurt with Almonds & Sultanas	<b>Apple &amp; Almond Muffin</b>	Sesame Peanuts	Peach & Pear Cup	Orange	Peach Yoghurt	Cheese & Crackers
<b>Optional</b>	Quinoa & Cranberry Slaw with Tuna and Lemon Vinaigrette	Margherita Pizza with Bocconcini Orange	<b>Grass Fed Beef Burger</b> with <b>Caramelised Onion</b> , Salad and Tomato Sauce on a <b>Grain Roll</b>	<b>Wholesome Cauliflower &amp; Cashew Soup</b> with <b>Ciabatta Toast</b> and Butter Kiwifruit	<b>Roast Chicken Tender</b> , Tomato and Mayonnaise on a <b>Long Multigrain Roll</b> Red Apple	Sliced Roast Chicken, Tomato and Smashed Avocado in a Wrap	Cheese, Tomato and Caramelised Onion on a <b>Grain Roll</b> Orange
	Red Apple	Choc Cranberry Trail Mix	Fruit Salad Cup	Classic Choc & Oats Bar	Mixed Berry Yoghurt	Golden Raisin Mix	<b>Walnut &amp; Date Cake</b>

\* Remember to wash whole fruit before eating.



Depending on seasonality and availability, your **Fresh Cut Fruit** may include any combination of pineapple, melons and grapes.  
**Fresh Fruit** may include strawberries, grapes, mandarins or other types of whole fresh fruit.



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

**Items in blue are stored in the freezer**

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
<b>Popular</b>	Almond & Honey Oat Crunch with Peaches & Yoghurt	Fresh Omelette (Two Eggs, Ham & Tomato Mix and Cheese)	Nut Cluster Crunch with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Strawberry Jam	Eggs Benedict (Egg, <b>Bacon</b> , Baby Spinach and Hollandaise Sauce) on <b>Ciabatta Toast</b>	Almond Toasted Muesli with skim milk* Vanilla Yoghurt	<b>Bacon &amp; Mushroom Frittata</b> with Tomato Jam on a toasted <b>English Multigrain Muffin</b>	Creamy Cranberry & Apple Oats <b>Soy &amp; Linseed Toast</b> with Peanut Butter
	Fresh Cut Fruit	Fresh Fruit	Kiwifruit	Fruit Salad Cup	Fresh Fruit	Red Apple	Orange
<b>Optional</b>	<b>Bacon</b> , Avocado & Fetta <b>Sandwich Thin</b> Toastie	Maple, Pear & Wheat Flakes with skim milk* Peach Yoghurt	Baked Beans and Cheese on <b>Multigrain Toast</b>	Apple, Cranberry & Bran Flakes with skim milk* <b>Multigrain Toast</b> with Butter and Vegemite	Two Eggs and Tomato on a toasted <b>English Multigrain Muffin</b>	Nut Cluster Crunch with skim milk* <b>Rye Toast</b> with Plum Jam	<b>Bacon</b> , Egg and Tomato on <b>Wholemeal &amp; Seed Toast</b>
	Orange	Peach Cup	Orange	Kiwifruit	Peach Snack Cup	Kiwifruit	Peach & Pear Cup

**Lunch**  
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	Chicken & Apple Salad with Slivered Almonds and Honey Mustard Dressing	<b>Lemongrass Chicken Bites</b> with Salad, Peanuts and Vietnamese Dressing <b>Fresh Fruit</b>	Chicken, Brown Rice & Quinoa Salad with Honey, Lime & Coconut Dressing	<b>Meatlover's Pasta Bake</b> Red Apple	<b>Grass Fed Beef Burger with Caramelised Onion</b> , Tomato, Beetroot, Baby Spinach and Tomato Sauce on a <b>Grain Roll</b>	<b>Chicken &amp; Cashew Bowl</b> Orange	Sliced Roast Chicken, Tomato and Smashed Avocado in a Wrap Dried Apricots
	Peach Cup	<b>Double Chocolate Cake</b>	Peaches & Apricots	Choc Cranberry Trail Mix	Pear Cup	<b>Citrus &amp; Coconut Cake</b>	Mixed Berry Yoghurt
<b>Optional</b>	<b>Shepherd's Pie</b> Red Apple	<b>Coconut Beef Curry</b> Sunshine Fruit Mix	Ham, Cheese and Tomato <b>Sandwich Thin</b> Toastie Red Apple	Oven Roasted Turkey, Tomato, Baby Cucumber and Cranberry Sauce in a Wrap Orange	<b>Chicken, Coconut &amp; Lemongrass Soup</b> with <b>Ciabatta Toast</b> and Butter Orange	Corned Beef, Tomato and Fruit Chutney on a <b>Grain Roll</b> Red Apple	<b>Koftas in Spiced Tomato Sauce</b> Kiwifruit
	Roasted Maple Walnuts & Cashews	Cheese & Crackers	<b>Choc Chip &amp; Orange Cake</b>	Rhubarb & Apple Yoghurt	<b>Banana &amp; Apple Bread</b>	Dry Roasted Almonds	Almonds, Pretzels & Peanuts

\* Remember to wash whole fruit before eating.



Depending on seasonality and availability, your **Fresh Cut Fruit** may include any combination of pineapple, melons and grapes. **Fresh Fruit** may include strawberries, grapes, mandarins or other types of whole fresh fruit.



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

**Items in blue are stored in the freezer**