

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>	<p>Maple, Pear &amp; Wheat Flakes with skim milk* Two slices of <b>Wholemeal &amp; Seed Toast</b> with Butter and Plum Jam</p> <p>Fresh Fruit</p>	<p>Two Eggs, Tomato &amp; Spinach, Smashed Avocado and Fetta on two slices of <b>Ciabatta Toast</b></p> <p>Red Apple</p>	<p>Nut Cluster Crunch with skim milk* Two slices of <b>Rye Toast</b> with Butter with Strawberry Jam</p> <p>Orange</p>	<p>Fruity Almond Crunch with skim milk* Two Eggs, Baby Spinach and Fetta on <b>Ciabatta Toast</b></p> <p>Fresh Fruit</p>	<p>Apple, Cranberry &amp; Bran Flakes with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Apricot Jam Peach Yoghurt</p> <p>Peach Snack Cup</p>	<p>Honey Muesli Flakes with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Butter (2) and Vegemite</p> <p>Orange</p>	<p><b>Bacon</b>, two Eggs and Tomato on two slices of <b>Multigrain Toast</b></p> <p>Pear Cup</p>
<b>Optional</b>	<p><b>Bacon</b>, two Eggs and Tomato on two slices of <b>Multigrain Toast</b></p> <p>Orange</p>	<p>Creamy Almond &amp; Vanilla Oats <b>Soy &amp; Linseed Toast</b> with Butter and Vegemite Mixed Berry Yoghurt</p> <p>Peach Cup</p>	<p>Baked Beans, Egg and two slices of Cheese on a toasted <b>English Multigrain Muffin</b></p> <p>Red Apple</p>	<p>Honey Muesli Flakes with skim milk* Two slices of <b>Wholemeal &amp; Seed Toast</b> with Peanut Butter and Strawberry Jam</p> <p>Kiwifruit</p>	<p>Maple, Pear &amp; Wheat Flakes with skim milk* Ham, Cheese and Tomato <b>Sandwich Thin</b> Toastie</p> <p>Red Apple</p>	<p>Two Eggs, Smashed Avocado and Fetta on two slices of <b>Ciabatta Toast</b></p> <p>Peach &amp; Pear Cup</p>	<p>Nut Cluster Crunch with skim milk* Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam</p> <p>Orange</p>
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	<p>Chicken, Ham &amp; Egg Salad with Tasty Cheese and Creamy Cheese Dressing <b>Fresh Cut Fruit</b></p> <p><b>Choc Chip &amp; Orange Cake</b> Savoury Nut Mix</p>	<p>BBQ Chicken &amp; Ham Pizza with melted Cheese Tropical Crush</p> <p>Roasted Maple Walnuts &amp; Cashews</p>	<p>Warm Lamb &amp; Roasted Vegetable Salad with Fetta and Greek Vinaigrette Peaches with Raspberry Sauce <b>White Chocolate Blush Cake</b></p> <p>9 Grain Crispbread with Peanut Butter</p>	<p><b>Oriental Beef &amp; Noodles</b> Cinnamon Apples</p> <p>Classic Choc &amp; Oats Bar Almonds, Pretzels &amp; Peanuts</p>	<p>Sliced Roast Chicken, Tomato and Mayonnaise in a Wrap <b>Fresh Fruit</b></p> <p><b>Banana &amp; Apple Bread</b></p>	<p><b>Hearty Beef &amp; Barley Soup</b> with <b>Ciabatta Toast</b> and Butter Fruit Salad Cup</p> <p>Vanilla Yoghurt <b>Walnut &amp; Date Cake</b></p>	<p><b>Roast Chicken Penne</b> Red Apple</p> <p>Choc Hazelnut &amp; Fruit Mix Corn Chips with Salsa Dip</p>
<b>Optional</b>	<p><b>Penne Pesto Pasta</b> Red Apple</p> <p>Mixed Berry Yoghurt <b>Apple &amp; Sultana Pancake</b></p>	<p><b>Tomato Soup</b> with <b>Ciabatta Toast</b> and Butter Kiwifruit</p> <p>Mixed Nuts Cinnamon Oat Bar</p>	<p><b>Slow Cooked Chinese Chicken</b> Orange</p> <p><b>Apple Crumble</b></p>	<p><b>Chargrilled Chicken &amp; Parmesan Burger</b>, Tomato, Baby Spinach and Tomato Chutney on a <b>Grain Roll</b> Orange</p> <p><b>Banana &amp; Date Muffin</b></p>	<p>Mexican Pulled Beef Nachos with Smashed Avocado and melted Cheese</p> <p>Red Apple</p>	<p><b>Roast Chicken Tender</b>, Tomato and Mayonnaise on a <b>Long Multigrain Roll</b> Kiwifruit</p> <p>9 Grain Crispbread with Butter and Vegemite <b>Apple, Cherry &amp; Almond Cake</b></p>	<p>Ham, Cheese and Tomato sandwich on <b>Wholemeal &amp; Seed</b> Peach Snack Cup</p> <p><b>Pikelets</b> with Strawberry Jam</p>

\* 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**



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**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* <b>Soy &amp; Linseed Toast</b> with Peanut Butter Mixed Berry Yoghurt  Fresh Fruit	Fruity Almond Crunch with skim milk* <b>Bacon</b> and Egg Mayo on a toasted <b>English Multigrain Muffin</b>  Red Apple	Nut Cluster Crunch with skim milk* Two slices of <b>Wholemeal &amp; Seed Toast</b> with Butter (2) and Vegemite  Orange	<b>Bacon</b> , two Eggs, Cheese and Tomato on a toasted <b>English Multigrain Muffin</b>  Fresh Fruit	Creamy Almond & Vanilla Oats Two slices of <b>Rye Toast</b> with Butter and Plum Jam  Peach & Pear Cup	Two Eggs, Smashed Avocado and Fetta on two slices of <b>Ciabatta Toast</b>  Fresh Fruit	Honey Muesli Flakes with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Honey  Kiwifruit
	Optional	Fresh Omelette (Two Eggs, Smoked Salmon Mix) with two slices of <b>Ciabatta Toast</b> and Butter  Orange	Apple & Cinnamon Bircher Muesli <b>Rye Toast</b> with Plum Jam  Peach Snack Cup	Baked Beans and two slices of Cheese on two slices of <b>Multigrain Toast</b>  Kiwifruit	Almond Toasted Muesli with skim milk* <b>Soy &amp; Linseed Toast</b> with Butter and Honey Rhubarb & Apple Yoghurt  Orange	<b>Bacon</b> , two Eggs and Tomato on two slices of <b>Wholemeal &amp; Seed Toast</b>  Red Apple	Apple, Cranberry & Bran Flakes with skim milk* Toasted <b>English Fruit Muffin</b> with Butter (2) and Strawberry Jam  Fruit Salad Cup

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Popular	Egg & Avocado Salad with Honey Mustard Dressing Pear Cup  <b>Double Chocolate Cake</b>	Chicken & Crunchy Corn Salad with Garlic & Lemon Vinaigrette <b>Fresh Cut Fruit</b> Vanilla Yoghurt with Yoghurt Sprinkle 9 Grain Crispbread with Tomato and Smashed Avocado	<b>Chargrilled Rissoles</b> with Greek Salad and Creamy Dressing in a Wrap Vanilla Pears  Cheese & Crackers	<b>Sweet Chicken Curry</b> Peach Snack Cup  Cinnamon Oat Bar Sesame Peanuts	<b>Chargrilled Chicken &amp; Parmesan Burger</b> with Tomato, Baby Spinach and Tomato Chutney on a <b>Grain Roll</b> Orange <b>Raspberry &amp; Apple Crumble</b>	<b>Spaghetti Bolognese</b> Dried Plums  Cashews, Almonds & Walnuts	<b>Sweet Soy Chicken with Rice</b> Red Apple  <b>Banana &amp; Apple Bread</b> Mixed Nuts
	Optional	<b>Broccoli &amp; Chicken Pasta Bake</b> Kiwifruit Pistachio, White Chocolate & Strawberries <b>Sweet Corn Fritters</b> with Tomato Jam	<b>Tasmanian Salmon Risotto</b> Orange  <b>Apple, Cherry &amp; Almond Cake</b> Savoury Nut Mix	<b>Pumpkin Soup</b> with a Cheese and Tomato <b>Sandwich Thin</b> Toastie Red Apple Peach Yoghurt Roasted Maple Walnuts & Cashews	Roast Beef, Tomato and Corn Relish sandwich on <b>Soy &amp; Linseed</b> Kiwifruit <b>Apple &amp; Almond Muffin</b> 9 Grain Crispbread with Peanut Butter	<b>Sticky BBQ Meatballs with Mixed Vegetable Rice</b> Red Apple <b>Ciabatta Toast</b> with Tomato and Smashed Avocado	<b>Roast Chicken Tender</b> , Tomato and Mayonnaise on a <b>Long Multigrain Roll</b> Orange Corn Chips with Salsa Dip <b>Citrus &amp; Coconut Cake</b>

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<b>Popular</b>	<p><b>Bacon</b>, two Eggs and Tomato on two slices of <b>Multigrain Toast</b></p> <p>Fresh Cut Fruit</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of <b>Soy &amp; Linseed Toast</b> with Butter (2) and Vegemite</p> <p>Fresh Fruit</p>	<p>Nut Cluster Crunch with skim milk*</p> <p><b>Bacon &amp; Zucchini Bread</b> with Egg and Tomato Chutney</p> <p>Fresh Fruit</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of <b>Wholemeal &amp; Seed Toast</b> with Peanut Butter and Strawberry Jam</p> <p>Orange</p>	<p><b>Bacon</b>, two Eggs, Cheese and Tomato on a toasted <b>English Multigrain Muffin</b></p> <p>Peach Cup</p>	<p>Maple, Pear &amp; Wheat Flakes with skim milk*</p> <p>Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Plum Jam</p> <p>Fresh Fruit</p>	<p>Apple, Cranberry &amp; Bran Flakes with skim milk*</p> <p><b>Multigrain Toast</b> with Apricot Jam Rhubarb &amp; Apple Yoghurt</p> <p>Red Apple</p>
<b>Optional</b>	<p>Nut Cluster Crunch with skim milk*</p> <p><b>Wholemeal &amp; Seed Toast</b> with Apricot Jam Vanilla Yoghurt</p> <p>Peach &amp; Pear Cup</p>	<p>Baked Beans with <b>Bacon</b>, Egg and Cheese on a toasted <b>English Multigrain Muffin</b></p> <p>Kiwifruit</p>	<p>Creamy Cranberry &amp; Apple Oats</p> <p>Two slices of <b>Multigrain Toast</b> with Butter and Honey</p> <p>Orange</p>	<p>Eggs Florentine (Two Eggs, Baby Spinach and Florentine Sauce) on two slices of <b>Ciabatta Toast</b></p> <p>Red Apple</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam</p> <p>Kiwifruit</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Ham, Cheese and Tomato <b>Sandwich Thin</b> Toastie</p> <p>Peach Snack Cup</p>	<p><b>Bacon</b>, two Eggs and Tomato on two slices of <b>Wholemeal &amp; Seed Toast</b></p> <p>Orange</p>

**Lunch**  
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	<p>Mediterranean Chicken Salad with Italian Dressing</p> <p>Pears &amp; Apples in Yoghurt with Almonds &amp; Sultanas</p> <p><b>Sweet Corn Fritters</b> with Tomato Jam</p>	<p>Chicken &amp; Ham Salad with Caesar Dressing</p> <p>Apricots &amp; Pears</p> <p><b>Apple &amp; Almond Muffin</b></p> <p>9 Grain Crispbread with Butter and Vegemite</p>	<p><b>Minestrone Soup</b> with <b>Ciabatta Toast</b> and Butter</p> <p>Red Apple</p> <p>Sesame Peanuts</p> <p><b>Choc Chip &amp; Orange Cake</b></p>	<p>Indian Spiced Chicken, Tomato and Baby Cucumber in a Turmeric &amp; Coconut Wrap</p> <p>Peach &amp; Pear Cup</p> <p><b>Pikelets</b> with Strawberry Jam</p>	<p>Mexican Pulled Beef Nachos with Smashed Avocado and melted Cheese</p> <p>Orange</p>	<p><b>Baked Potato Bolognese</b></p> <p>Red Apple</p> <p>Peach Yoghurt</p> <p><b>Banana &amp; Date Muffin</b></p>	<p><b>Slow Cooked Beef in Tomato &amp; Paprika Sauce</b></p> <p>Fruit Salad Cup</p> <p>Cheese &amp; Crackers</p> <p><b>Apple, Cherry &amp; Almond Cake</b></p>
<b>Optional</b>	<p>Quinoa &amp; Cranberry Slaw with Tuna and Lemon Vinaigrette</p> <p>Red Apple</p> <p><b>Ciabatta Toast</b> with Peanut Butter</p>	<p>Margherita Pizza with Bocconcini</p> <p>Orange</p> <p>Choc Cranberry Trail Mix</p> <p>Mixed Nuts</p>	<p><b>Grass Fed Beef Burger</b> with <b>Caramelised Onion</b>, Salad and Tomato Sauce on a <b>Grain Roll</b></p> <p>Fruit Salad Cup</p> <p><b>Apple &amp; Cranberry Muffin</b></p>	<p><b>Wholesome Cauliflower &amp; Cashew Soup</b> with <b>Ciabatta Toast</b> and Butter</p> <p>Kiwifruit</p> <p>Classic Choc &amp; Oats Bar</p> <p>Peanuts, Almonds &amp; Cashews</p>	<p><b>Roast Chicken Tender</b>, Tomato and Mayonnaise on a <b>Long Multigrain Roll</b></p> <p>Red Apple</p> <p>Mixed Berry Yoghurt</p> <p>Maple Coconut Crunch with Cranberries</p>	<p>Sliced Roast Chicken, Tomato and Smashed Avocado in a Wrap</p> <p>Golden Raisin Mix</p> <p><b>Double Chocolate Cake</b></p>	<p>Cheese, Tomato and Caramelised Onion on a <b>Grain Roll</b></p> <p>Orange</p> <p><b>Walnut &amp; Date Cake</b></p> <p>Dry Roasted Almonds</p>

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<b>Popular</b>	Almond & Honey Oat Crunch with Peaches & Yoghurt <b>Soy &amp; Linseed Toast</b> with Butter and Vegemite	Fresh Omelette (Two Eggs, Ham & Tomato Mix and Cheese) on <b>Ciabatta Toast</b> with Butter	Nut Cluster Crunch with skim milk* Two slices of <b>Wholemeal &amp; Seed Toast</b> with Butter and Strawberry Jam	Eggs Benedict (Two Eggs, <b>Bacon</b> , Baby Spinach and Hollandaise Sauce) on two slices of <b>Ciabatta Toast</b>	Almond Toasted Muesli with skim milk* <b>Multigrain Toast</b> with Apricot Jam Vanilla Yoghurt	Honey Muesli Flakes with skim milk* <b>Bacon &amp; Mushroom Frittata</b> with Tomato Jam on a toasted <b>English Multigrain Muffin</b>	Creamy Cranberry & Apple Oats Two slices of <b>Soy &amp; Linseed Toast</b> with Peanut Butter and Strawberry Jam
<b>Optional</b>	Fresh Cut Fruit	Fresh Fruit	Kiwifruit	Fruit Salad Cup	Fresh Fruit	Red Apple	Orange
<b>Optional</b>	Fruity Almond Crunch with skim milk* <b>Bacon</b> , Avocado & Fetta <b>Sandwich Thin</b> Toastie	Maple, Pear & Wheat Flakes with skim milk* <b>Soy &amp; Linseed Toast</b> with Plum Jam Peach Yoghurt	Baked Beans with two slices of Cheese on two slices of <b>Multigrain Toast</b>	Apple, Cranberry & Bran Flakes with skim milk* Two slices of <b>Multigrain Toast</b> with Butter (2) and Vegemite	<b>Bacon</b> , two Eggs, Cheese and Tomato on a toasted <b>English Multigrain Muffin</b>	Nut Cluster Crunch with skim milk* Two slices of <b>Rye Toast</b> with Butter with Plum Jam	<b>Bacon</b> , two Eggs and Tomato on two slices of <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 Peach Cup	<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 Peaches & Apricots	<b>Meatlover's Pasta Bake</b> Red Apple	<b>Grass Fed Beef Burger</b> with <b>Caramelised Onion</b> , Tomato, Beetroot, Baby Spinach and Tomato Sauce on a <b>Grain Roll</b> Pear Cup	<b>Chicken &amp; Cashew Bowl</b> Orange	Sliced Roast Chicken, Tomato and Smashed Avocado in a Wrap Dried Apricots
<b>Optional</b>	<b>Apple &amp; Cranberry Muffin</b>	<b>Double Chocolate Cake</b> Peanuts, Almonds & Cashews	<b>Maple Coconut Crunch</b> with Cranberries	Choc Cranberry Trail Mix 9 Grain Crispbread with Peanut Butter	<b>Apple &amp; Sultana Pancake</b>	<b>Citrus &amp; Coconut Cake</b> <b>Ciabatta Toast</b> with Butter and Vegemite	Mixed Berry Yoghurt <b>Apple &amp; Almond Muffin</b>
<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 <b>White Chocolate Blush Cake</b>	Cheese & Crackers Pistachio, White Chocolate & Strawberries	<b>Choc Chip &amp; Orange Cake</b> Sesame Peanuts	Rhubarb & Apple Yoghurt <b>Walnut &amp; Date Cake</b>	<b>Banana &amp; Apple Bread</b> 9 Grain Crispbread with Tomato and Smashed Avocado	Dry Roasted Almonds Classic Choc & Oats Bar	Almonds, Pretzels & Peanuts <b>Sultana Tea Cake</b>

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