

Week A

This menu is for delivery weeks starting
15 Nov · 13 Dec · 10 Jan · 7 Feb

Lite n' Easy

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

Breakfast & morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Two Eggs, Cherry Tomatoes, Avo & Fetta on two slices of Ciabatta Toast</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Honey Muesli Flakes with skim milk* Two slices of Multigrain Toast with Peanut Butter and Honey</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Soy & Linseed Toast with Butter and Vegemite Vanilla Yoghurt</p> <p>.....</p> <p>Orange</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Ham, Cheese and Tomato Sandwich Thin Toastie</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p>Nut Cluster Crunch with skim milk* Two slices of Rye Toast with Butter and Strawberry Jam</p> <p>.....</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk* Bacon & Zucchini Bread with Egg and Tomato Chutney</p> <p>.....</p> <p>Red Apple</p>	<p>Fruity Almond Crunch with skim milk* Two slices of Wholemeal & Seed Toast with Butter and Plum Jam</p> <p>.....</p> <p>Peach Snack Cup</p>
Optional	<p>Nut Cluster Crunch with skim milk* Two slices of Wholemeal & Seed Toast with Butter (2) and Vegemite</p> <p>.....</p> <p>Kiwifruit</p>	<p>Fresh Omelette (Two Eggs and Smoked Salmon Mix) on two slices of Ciabatta Toast</p> <p>.....</p> <p>Red Apple</p>	<p>Baked Beans, Egg and Cheese on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Apple & Cinnamon Bircher Muesli Wholemeal & Seed Toast with Peanut Butter</p> <p>.....</p> <p>Red Apple</p>	<p>Almond Toasted Muesli with skim milk* Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Pear Cup</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Multigrain Toast with Apricot Jam Mixed Berry Yoghurt</p> <p>.....</p> <p>Peach Cup</p>	<p>Two Eggs and Tomato on two slices of Soy & Linseed Toast with Butter</p> <p>.....</p> <p>Orange</p>

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



Vegetarian meal

Lunch & afternoon snack

1800 Calories per day when breakfast, lunch and dinner combined.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Chicken, Quinoa and Cranberry Slaw with Lemon Vinaigrette Fresh Cut Fruit</p> <p>.....</p> <p>Ciabatta Toast with Peanut Butter</p>	<p>Cheesy Steak Melt with Salad in a Sandwich Thin Tropical Fruit in Yoghurt with Cranberries & Toasted Coconut</p> <p>.....</p> <p>Double Chocolate Cake</p>	<p>Chicken & Ham Salad with Caesar Dressing Red Apple</p> <p>.....</p> <p>Almonds, Pretzels & Peanuts Apple & Cranberry Muffin</p>	<p>Mexican Pulled Beef Nachos with melted Cheese and Smashed Avocado</p> <p>.....</p> <p>Dried Apricots</p>	<p>Oven Roasted Turkey, Tomato, sliced Cucumber and Cranberry Sauce in a Wrap Peach Snack Cup</p> <p>.....</p> <p>Passionfruit Yoghurt Maple Coconut Crunch with Cranberries</p>	<p>Sweet Soy Chicken with Rice Kiwifruit</p> <p>.....</p> <p>Citrus & Coconut Cake Dry Roasted Almonds</p>	<p>Flame Grilled Meatballs with Mash Red Apple</p> <p>.....</p> <p>Sesame Peanuts</p>
Optional	<p>BBQ Pork & Slaw with Canton Dressing in a Wrap Peach Snack Cup</p> <p>.....</p> <p>Pikelets with Strawberry Jam</p>	<p>Chicken, Avocado & Salad sandwich on Soy & Linseed Red Apple</p> <p>.....</p> <p>Mixed Nuts</p>	<p>Pumpkin Soup and a Cheese and Tomato Sandwich Thin Toastie Kiwifruit</p> <p>.....</p> <p>Walnut & Date Cake Peanuts, Almonds & Cashews</p>	<p>Roast Chicken with Tomato and Mayonnaise in a Wrap Orange</p> <p>.....</p> <p>Mango Yoghurt Choc Hazelnut & Fruit Mix</p>	<p>Pulled Texas BBQ Lamb Red Apple</p> <p>.....</p> <p>Choc Chip & Orange Cake Savoury Nut Mix</p>	<p>Corned Beef, Tomato and Mustard Relish on a Grain Roll Orange</p> <p>.....</p> <p>Cheese & Crackers Apple, Cherry & Almond Cake</p>	<p>Roast Chicken Tender, Tomato and Smashed Avocado in a Wrap Kiwifruit</p> <p>.....</p> <p>Sweet Corn Fritters with Tomato Jam</p>
Vegetarian	<p>Roasted Pumpkin, Spinach & Fetta Pizza Fresh Cut Fruit</p> <p>.....</p> <p>Mixed Nuts Citrus & Coconut Cake</p>	<p>Shredded Tofu, Quinoa & Cranberry Slaw with Lemon Vinaigrette Peach Snack Cup</p> <p>.....</p> <p>Sesame Peanuts</p>	<p>Egg & Spinach, Tomato and Creamy Ranch Dressing in a Wrap Red Apple</p> <p>.....</p> <p>Roasted Maple Walnuts & Cashews</p>	<p>Veggie Burger with Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin Sunshine Fruit Mix</p> <p>.....</p> <p>Classic Choc & Oats Bar</p>	<p>Vegetable Curry & Rice Kiwifruit</p> <p>.....</p> <p>White Chocolate Blush Cake Tomato and Smashed Avocado on Ciabatta Toast</p>	<p>Cheesy Veg Lasagne Pear Cup</p> <p>.....</p> <p>Peanuts, Almonds & Cashews</p>	<p>Tortilla Stack Red Apple</p> <p>.....</p> <p>Mango Yoghurt Choc Hazelnut & Fruit Mix</p>
Snacks for A,B & C options	<p>Shepherd's Pie</p>	<p>Thai Coconut & Lime Chicken</p>	<p>Roast Chicken, Tomato and Mayonnaise on a Grain Roll</p>	<p>Rice Pudding</p>	<p>Cashews, Almonds & Walnuts</p>	<p>Tomato Soup with Wholemeal & Seed Toast and Butter</p>	<p>Moroccan Chicken with Pilaf Rice</p>

Week B

This menu is for delivery weeks starting
22 Nov · 20 Dec · 17 Jan · 14 Feb

Lite n' Easy

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

Breakfast & morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Maple, Pear & Wheat Flakes with skim milk* Bacon and Egg Mayo on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Fruity Almond Crunch with skim milk* Two slices of Soy & Linseed Toast with Butter with Strawberry Jam</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p>Nut Cluster Crunch with skim milk* Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie</p> <p>.....</p> <p>Red Apple</p>	<p>Almond Toasted Muesli with skim milk* Wholemeal & Seed Toast with Butter and Vegemite Passionfruit Yoghurt</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Eggs Benedict (Two Eggs, Bacon, Baby Spinach and Hollandaise Sauce) on two slices of Ciabatta Toast</p> <p>.....</p> <p>Orange</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Two slices of Multigrain Toast with Peanut Butter and Strawberry Jam</p> <p>.....</p> <p>Kiwifruit</p>	<p>Honey Muesli Flakes with skim milk* Two slices of Wholemeal & Seed Toast with Butter and Apricot Jam</p> <p>.....</p> <p>Peach Snack Cup</p>
Optional	<p>Honey Muesli Flakes with skim milk* Soy & Linseed Toast with Peanut Butter Mango Yoghurt</p> <p>.....</p> <p>Pear Cup</p>	<p>Baked Beans with two slices of Cheese on two slices of Wholemeal & Seed Toast</p> <p>.....</p> <p>Red Apple</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Two slices of Rye Toast with Butter and Plum Jam</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Two Eggs and Tomato on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk* Two slices of Multigrain Toast with Butter (2) and Vegemite</p> <p>.....</p> <p>Kiwifruit</p>	<p>Fruity Almond Crunch with skim milk* Ham, Cheese and Tomato Sandwich Thin Toastie</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Almond Toasted Muesli with skim milk* Bacon & Zucchini Bread with Egg and Tomato Chutney</p> <p>.....</p> <p>Red Apple</p>

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



Vegetarian meal

Lunch & afternoon snack

1800 Calories per day when breakfast, lunch and dinner combined.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Lemongrass Chicken Bites with Salad, Roasted Peanuts and Vietnamese Dressing Vanilla Pears Cheese & Crackers Banana & Apple Bread</p>	<p>Chargrilled Rissoles, Sweet Slaw and Creamy Cheese Dressing in a Wrap Fresh Fruit Choc Hazelnut & Fruit Mix</p>	<p>Crispy Greens Salad with Chicken and Garlic & Lemon Vinaigrette Tropical Crush Choc Chip & Orange Cake Corn Chips with Salsa Dip</p>	<p>Sesame & Ginger Pork Red Apple Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p>Chargrilled Chicken & Parmesan Burger with Tomato, Baby Spinach and Tomato Chutney on a Grain Roll Pear Cup Mixed Nuts</p>	<p>Baked Potato Bolognese Red Apple Pistachio, White Chocolate & Strawberries Banana & Date Muffin</p>	<p>Roast Chicken & Gravy Orange Cashews, Almonds & Walnuts</p>
Optional	<p>Margherita Pizza with Bocconcini Red Apple Apple, Cherry & Almond Cake Corn Chips with Salsa Dip</p>	<p>BBQ Pork & Vietnamese Slaw with Hoisin Dressing on a Grain Roll Kiwifruit Dry Roasted Almonds Classic Choc & Oats Bar</p>	<p>Hearty Beef & Barley Soup with Ciabatta Toast and Butter Red Apple Maple Coconut Crunch with Cranberries White Chocolate Blush Cake</p>	<p>Roast Chicken, Salad and Mayonnaise in a Wrap Sunshine Fruit Mix Pikelets with Strawberry Jam</p>	<p>Tasmanian Salmon Risotto Orange Cheese & Crackers Double Chocolate Cake</p>	<p>Roast Chicken Tender, sliced Cucumber and Mayonnaise on a Long Multigrain Roll Peach Snack Cup Cinnamon Oat Bar Almonds, Pretzels & Peanuts</p>	<p>Roast Beef, Cheese, Tomato and Corn Relish sandwich on Soy & Linseed Kiwifruit Mixed Berry Yoghurt with Yoghurt Sprinkle</p>
Vegetarian	<p>Tofu & Slaw with Asian Dressing in a Wrap Tropical Crush Choc Chip & Orange Cake</p>	<p>Crispy Greens Salad with Egg and Lemon Vinaigrette Fresh Fruit Walnut & Date Cake</p>	<p>Vietnamese Salad with Shredded Tofu & Peanuts and Asian Dressing Vanilla Pears Mixed Berry Yoghurt Pistachio, White Chocolate & Strawberries</p>	<p>Vegetarian Spaghetti Bolognese Peach & Pear Cup Sweet Corn Fritters with Tomato Jam</p>	<p>Mexican Bean Nachos with melted Cheese and Smashed Avocado Red Apple</p>	<p>Penne Pesto Pasta Orange Roasted Maple Walnuts & Cashews Apple & Cranberry Muffin</p>	<p>Vegetarian Special Fried Rice Golden Raisin Mix Banana & Apple Bread Choc Cranberry Trail Mix</p>
Snacks for A,B & C options	<p>Roast Chicken Penne</p>	<p>Savoury Nut Mix Apple Crumble</p>	<p>Koftas in Spiced Tomato Sauce</p>	<p>Corned Beef, Tomato and Fruit Chutney sandwich on Multigrain</p>	<p>Almond Toasted Muesli with Mango Yoghurt</p>	<p>Hearty Chicken & Vegetable Soup with Soy & Linseed Toast and Butter</p>	<p>Tomato and Smashed Avocado on Ciabatta Toast Double Chocolate Cake</p>

Week C

This menu is for delivery weeks starting
29 Nov · 27 Dec · 24 Jan · 21 Feb

Lite n' Easy

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

Breakfast & morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Bacon, two Eggs and Tomato on two slices of Multigrain Toast</p> <p>.....</p> <p>Peaches & Apricots</p>	<p>Maple, Pear & Wheat Flakes with skim milk*</p> <p>Two slices of Wholemeal & Seed Toast with Butter and Honey</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Ham, Egg & Cheese Melt in a Sandwich Thin Toastie</p> <p>.....</p> <p>Peaches with Raspberry Sauce</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Soy & Linseed Toast with Apricot Jam</p> <p>Mango Yoghurt</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Maple, Pear & Wheat Flakes with skim milk*</p> <p>Two Eggs, Baby Spinach and Fetta on Ciabatta Toast</p> <p>.....</p> <p>Orange</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of Rye Toast with Butter and Plum Jam</p> <p>.....</p> <p>Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Two slices of Multigrain Toast with Butter (2) and Vegemite</p> <p>.....</p> <p>Peach Snack Cup</p>
Optional	<p>Almond Toasted Muesli with skim milk*</p> <p>Soy & Linseed Toast with Apricot Jam</p> <p>Passionfruit Yoghurt</p> <p>.....</p> <p>Orange</p>	<p>Two Eggs, Cherry Tomatoes, Avo & Fetta on two slices of Ciabatta Toast</p> <p>.....</p> <p>Pear Cup</p>	<p>Apple & Cinnamon Bircher Muesli</p> <p>Rye Toast with Strawberry Jam</p> <p>.....</p> <p>Red Apple</p>	<p>Baked Beans, Egg and Cheese on two slices of Multigrain Toast</p> <p>.....</p> <p>Orange</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Peanut Butter and Strawberry Jam</p> <p>.....</p> <p>Kiwifruit</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Two Eggs, Tomato and Smashed Avocado on two slices of Wholemeal & Seed Toast</p> <p>.....</p> <p>Kiwifruit</p>

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



Vegetarian meal

Lunch & afternoon snack

1800 Calories per day when breakfast, lunch and dinner combined.

Popular	<p>Mediterranean Chicken Pizza with melted Cheese</p> <p>Fresh Fruit</p> <p>.....</p> <p>Peanuts, Almonds & Cashews</p>	<p>Sesame Pork with Asian Salad and Crispy Noodles</p> <p>Fresh Cut Fruit</p> <p>.....</p> <p>Cashews & Cranberries</p> <p>Tomato and Smashed Avocado on Ciabatta Toast</p>	<p>Southern Style Chicken with Ranch Slaw and Creamy Ranch Dressing</p> <p>Kiwifruit</p> <p>.....</p> <p>Citrus & Coconut Cake</p>	<p>Chicken, Pumpkin & Mushroom Risotto</p> <p>Red Apple</p> <p>.....</p> <p>Mixed Nuts</p>	<p>Asian Meatballs with Jasmine Rice</p> <p>Peach Snack Cup</p> <p>.....</p> <p>Apple & Almond Muffin</p> <p>Cheese & Crackers</p>	<p>Roast Chicken, Tomato and Smashed Avocado in a Wrap</p> <p>Dried Plums</p> <p>.....</p> <p>Sweet Corn Fritters with Tomato Jam</p>	<p>Beef Satay</p> <p>Red Apple</p> <p>.....</p> <p>Vanilla Yoghurt</p> <p>Classic Choc & Oats Bar</p>
Optional	<p>Quinoa & Cranberry Slaw with Tuna and Lemon Vinaigrette</p> <p>Red Apple</p> <p>.....</p> <p>Ciabatta Toast with Peanut Butter</p>	<p>Roast Chicken & Apple Salad with Slivered Almonds and Honey Mustard Dressing</p> <p>Dried Plums</p> <p>.....</p> <p>Raspberry & Apple Crumble</p>	<p>Wholesome Cauliflower & Cashew Soup with Wholemeal & Seed Toast and Butter</p> <p>Orange</p> <p>.....</p> <p>Mixed Berry Yoghurt</p> <p>Pistachio, White Chocolate & Strawberries</p>	<p>Mexican Pulled Beef Nachos with melted Cheese and Smashed Avocado</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Roast Chicken Tender, Tomato and Mayonnaise on a Long Multigrain Roll</p> <p>Red Apple</p> <p>.....</p> <p>Cashews, Almonds & Walnuts</p>	<p>Spaghetti Bolognese</p> <p>Orange</p> <p>.....</p> <p>White Chocolate Blush Cake</p> <p>9 Grain Crispbread with Butter and Vegemite</p>	<p>Ham, Cheese and Tomato sandwich on Soy & Linseed</p> <p>Pear Cup</p> <p>.....</p> <p>Choc Chip & Orange Cake</p>
Vegetarian	<p>Egg & Avocado Salad with Honey Mustard Dressing</p> <p>Peaches with Raspberry Sauce</p> <p>.....</p> <p>Pikelets with Strawberry Jam</p>	<p>Veggie Burger, Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin</p> <p>Red Apple</p> <p>.....</p> <p>Mixed Nuts</p>	<p>Crispy Asian & Shredded Tofu Salad with Asian Dressing</p> <p>Peaches & Apricots</p> <p>.....</p> <p>Classic Choc & Oats Bar</p> <p>Savoury Nut Mix</p>	<p>Lentil Apple & Walnut Salad with Honey Mustard Dressing</p> <p>Kiwifruit</p> <p>.....</p> <p>Banana & Date Muffin</p>	<p>Tortilla Stack</p> <p>Dried Apricots</p> <p>.....</p> <p>Vanilla Yoghurt</p> <p>Cinnamon Oat Bar</p>	<p>Vegetable Curry & Rice</p> <p>Peach Snack Cup</p> <p>.....</p> <p>Sesame Peanuts</p> <p>Apple, Cherry & Almond Cake</p>	<p>Macaroni 'n' Cheese</p> <p>Orange</p> <p>.....</p> <p>Double Chocolate Cake</p> <p>Almonds, Pretzels & Peanuts</p>
Snacks for A,B&Options	<p>Broccoli & Chicken Pasta Bake</p>	<p>Hearty Beef & Barley Soup with Wholemeal & Seed Toast and Butter</p>	<p>Roast Beef, Tomato and Mustard Relish sandwich on Soy & Linseed</p>	<p>Rice Pudding</p>	<p>Cashews, Almonds & Walnuts</p>	<p>Slow Cooked Beef in Tomato & Paprika Sauce</p>	<p>Cheese & Crackers</p> <p>Peanuts, Almonds & Cashews</p>

Week D

This menu is for delivery weeks starting
6 Dec · 3 Jan · 31 Jan · 28 Feb

Lite n' Easy

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

Breakfast & 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>Bacon, Avocado & Fetta Sandwich Thin Toastie</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Peanut Butter and Honey</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Fresh Omelette (Two Eggs, Cheese, Potato, Ham & Shallot Mix)</p> <p>.....</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Two slices of Multigrain Toast with Butter and Honey</p> <p>.....</p> <p>Kiwifruit</p>	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Two slices of Wholemeal & Seed Toast with Butter and Apricot Jam</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two Eggs, Tomato and Tomato Chutney on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Red Apple</p>	<p>Maple, Pear & Wheat Flakes with skim milk*</p> <p>Rye Toast with Plum Jam</p> <p>Mixed Berry Yoghurt</p> <p>.....</p> <p>Fruit Salad Cup</p>
Optional	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of Rye Toast with Butter and Plum Jam</p> <p>.....</p> <p>Orange</p>	<p>Baked Beans with two slices of Cheese on two slices of Wholemeal & Seed Toast</p> <p>.....</p> <p>Kiwifruit</p>	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Soy & Linseed Toast with Strawberry Jam</p> <p>Vanilla Yoghurt</p> <p>.....</p> <p>Pear Cup</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie</p> <p>.....</p> <p>Peach Cup</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Toasted English Fruit Muffin with Butter (2) and Plum Jam</p> <p>.....</p> <p>Red Apple</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Butter (2) and Vegemite</p> <p>.....</p> <p>Kiwifruit</p>	<p>Bacon, two Eggs and Tomato on two slices of Multigrain Toast</p> <p>.....</p> <p>Red Apple</p>

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



Vegetarian meal

Lunch & afternoon snack

1800 Calories per day when breakfast, lunch and dinner combined.

Popular	<p>Steamed Chicken & Mushroom Dumplings with Warm Asian Salad and Dressing</p> <p>Apricots & Pears</p> <p>.....</p> <p>Roasted Maple Walnuts & Cashews</p>	<p>Chargrilled Rissoles with Greek Salad and Creamy Dressing in a Wrap</p> <p>Fresh Fruit</p> <p>.....</p> <p>Mixed Berry Yoghurt with Yoghurt Sprinkle</p>	<p>Mediterranean Chicken Salad with Italian Dressing</p> <p>Sweet Pineapple Bites with Passionfruit</p> <p>.....</p> <p>Tomato and Smashed Avocado on Ciabatta Toast Walnut & Date Cake</p>	<p>Sweet Chicken Curry</p> <p>Red Apple</p> <p>.....</p> <p>Corn Chips with Salsa Dip</p>	<p>Grass Fed Beef Burger with Caramelised Onion, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll</p> <p>Orange</p> <p>Raspberry & Apple Crumble</p>	<p>Spaghetti Carbonara</p> <p>Pear Cup</p> <p>.....</p> <p>White Chocolate Blush Cake</p> <p>Almonds, Pretzels & Peanuts</p>	<p>Oriental Beef & Noodles</p> <p>Orange</p> <p>.....</p> <p>Choc Hazelnut & Fruit Mix</p> <p>9 Grain Crispbread with Butter and Vegemite</p>
Optional	<p>Smoked Salmon, Rocket & Beetroot Salad</p> <p>Red Apple</p> <p>.....</p> <p>Walnut & Date Cake</p>	<p>Creamy Chicken & Risoni</p> <p>Orange</p> <p>.....</p> <p>9 Grain Crispbread with Peanut Butter</p> <p>Apple, Cherry & Almond Cake</p>	<p>Beef & Peanut Fried Rice</p> <p>Dried Apricots</p> <p>.....</p> <p>Roasted Maple Walnuts & Cashews</p>	<p>Roast Beef, Salad and Tasty Relish on a Grain Roll</p> <p>Orange</p> <p>.....</p> <p>Passionfruit Yoghurt</p> <p>Mixed Nuts</p>	<p>Ham, Cheese and Tomato sandwich on Multigrain</p> <p>Fruit Salad Cup</p> <p>.....</p> <p>Banana & Date Muffin</p>	<p>Chicken, Coconut & Lemongrass Soup with Ciabatta Toast and Butter</p> <p>Red Apple</p> <p>.....</p> <p>Cashews, Almonds & Walnuts</p>	<p>Roast Chicken Tender, Tomato and Mayonnaise in a Wrap</p> <p>Kiwifruit</p> <p>.....</p> <p>Banana & Apple Bread</p> <p>Sesame Peanuts</p>
Vegetarian	<p>Greek Salad with Bocconcini and Creamy Dressing in a Wrap</p> <p>Sweet Pineapple Bites with Passionfruit</p> <p>.....</p> <p>Apricot Pudding</p>	<p>Steamed Zucchini & Corn Dumplings with Warm Asian Salad and Dressing</p> <p>Fresh Fruit</p> <p>.....</p> <p>Maple Coconut Crunch with Cranberries</p>	<p>Curried Egg Spread and Baby Leaf on a Long Multigrain Roll</p> <p>Apricots & Pears</p> <p>Choc Cranberry Trail Mix</p> <p>9 Grain Crispbread with Butter and Vegemite</p>	<p>Mediterranean Mixed Bean Salad with Greek Vinaigrette</p> <p>Fruit Salad Cup</p> <p>.....</p> <p>Double Chocolate Cake</p>	<p>Mexican Bean Nachos with melted Cheese and Smashed Avocado</p> <p>Dried Plums</p> <p>.....</p> <p>Apple & Almond Muffin</p>	<p>Cheese, Tomato and Caramelised Onion sandwich on Wholemeal & Seed</p> <p>Orange</p> <p>.....</p> <p>Mango Yoghurt with Yoghurt Sprinkle</p>	<p>Penne Pesto Pasta</p> <p>Peach Snack Cup</p> <p>.....</p> <p>Ciabatta Toast with Peanut Butter</p> <p>Citrus & Coconut Cake</p>
Snacks for A&B options	<p>Corned Beef, Tomato and Mustard Relish sandwich on Rye</p>	<p>Beef & Sweet Potato Hot Pot</p> <p>Cheese & Crackers</p>	<p>Penne Pesto Pasta</p>	<p>Pumpkin Soup with two slices of Ciabatta Toast and Butter</p>	<p>Pikelets with Strawberry Jam</p> <p>Dry Roasted Almonds</p>	<p>Peanuts, Almonds & Cashews</p> <p>Banana & Date Muffin</p>	<p>Cheese, Tomato and Smashed Avocado Sandwich on Soy & Linseed</p>