





























# Week A

This menu is for delivery weeks starting  
**8th Mar · 5th Apr · 3rd May**

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> </p> <p>Two Eggs, Cherry Tomatoes, Avo &amp; Fetta on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p> </p> <p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of <b>Soy &amp; Linseed Toast</b> with Butter (2) and Vegemite</p> <p>.....</p> <p><b>Fresh Cut Fruit</b></p>	<p> </p> <p>Maple, Pear &amp; Wheat Flakes with skim milk*</p> <p>Ham, Egg &amp; Cheese Melt in a <b>Sandwich Thin</b></p> <p>.....</p> <p>Red Apple</p>	<p> </p> <p>Apple, Cranberry &amp; Bran Flakes with skim milk*</p> <p>Two slices of <b>Wholemeal &amp; Seed Toast</b> with Peanut Butter and Strawberry Jam</p> <p>.....</p> <p>Orange</p>	<p> </p> <p>Eggs Benedict (Two Eggs, <b>Bacon</b>, Baby Spinach and Hollandaise Sauce) on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p>Peach Cup</p>	<p> </p> <p>Maple, Pear &amp; Wheat Flakes with skim milk*</p> <p>Two slices of <b>Multigrain Toast</b> with Peanut Butter and Honey</p> <p>.....</p> <p>Kiwifruit</p>	<p> </p> <p>Honey Muesli Flakes with skim milk*</p> <p><b>Wholemeal &amp; Seed Toast</b> with Apricot Jam</p> <p>Mixed Berry Yoghurt</p> <p>.....</p> <p>Pear Cup</p>
Optional	<p> </p> <p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam</p> <p>.....</p> <p>Red Apple</p>	<p> </p> <p><b>Bacon</b>, two Eggs and Tomato on two slices of <b>Multigrain Toast</b></p> <p>.....</p> <p>Peach &amp; Pear Cup</p>	<p> </p> <p>Fruity Almond Crunch with skim milk*</p> <p><b>Wholemeal &amp; Seed Toast</b> with Peanut Butter</p> <p>Vanilla Yoghurt</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p> </p> <p>Nut Cluster Crunch with skim milk*</p> <p>Baked Beans and Cheese on a toasted <b>English Multigrain Muffin</b></p> <p>.....</p> <p>Kiwifruit</p>	<p> </p> <p>Apple &amp; Raspberry Bircher Muesli</p> <p><b>Multigrain Toast</b> with Plum Jam</p> <p>.....</p> <p>Orange</p>	<p> </p> <p>Two Eggs, Smashed Avocado and Fetta on two slices of <b>Soy &amp; Linseed Toast</b></p> <p>.....</p> <p>Red Apple</p>	<p> </p> <p>Almond Toasted Muesli with skim milk*</p> <p><b>Bacon &amp; Zucchini Bread</b> with Egg and Tomato Chutney</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.

Popular

**A**  
Mexican Pulled Chicken Nachos with Cheese and Smashed Avocado  
**Fresh Fruit**

**Banana & Apple Bread**

**A**  
Turkey, Cranberry & Walnut Salad with Creamy Ranch Dressing  
**Fresh Fruit**

Classic Choc & Oats Bar  
Savoury Nut Mix

**A**  
Roast Chicken, Tomato and Smashed Avocado in a Wrap  
Apricots & Pears

Coconut, Espresso & Cashew Clusters

**A**  
**Baked Potato Bolognese**  
Fruit Salad Cup

Vanilla Yoghurt with Yoghurt Sprinkle

**A**  
Chicken, Apple & Walnut Salad with Caramelised Balsamic Dressing  
Orange

Choc & Nut Mix

**A**  
**Roast Chicken Penne**  
Peach Snack Cup

Pistachio, White Chocolate & Strawberries

**Banana & Date Muffin**

**A**  
**Coconut Beef Curry**  
Red Apple

Corn Chips with Salsa Dip  
Classic Choc & Oats Bar

Optional

**B**  
Curried Egg Spread and Baby Leaf on a **Long Multigrain Roll**  
Peach Cup

Choc Cranberry Trail Mix  
Cheese & Crackers

**B**  
**Grass Fed Beef Burger with Caramelised Onion, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll**  
Red Apple

**Citrus & Coconut Cake**

**B**  
Tomato Soup with **Ciabatta Toast** and Butter  
Orange

**Apple & Cranberry Muffin**  
Savoury Nut Mix

**B**  
**Roast Chicken Tender** with Tomato and Mayonnaise on a **Long Multigrain Roll**  
Red Apple

Cheese & Crackers

**B**  
**Shepherd's Pie**  
Peach Cup

Cinnamon Oat Bar  
Corn Chips with Salsa Dip

**B**  
Ham, Cheese and Tomato sandwich on **Wholemeal & Seed**  
Golden Raisin Mix

Peanuts, Almonds & Cashews

**B**  
Roast Chicken, Tomato and Mayonnaise in a Wrap  
Kiwifruit

Choc & Nut Mix

Vegetarian

**C**  
Pumpkin Soup with a Cheese and Tomato **Sandwich Thin** Toastie  
**Fresh Fruit**

**Choc Chip & Orange Cake**  
Peanuts, Almonds & Cashews

**C**  
Chickpea, Sweet Potato & Fetta Salad with Creamy Tahini Dressing  
Apricots & Pears

**Apple Crumble**

**C**  
Steamed Zucchini & Corn Dumplings with Warm Asian Salad and Dressing  
Sweet Pineapple Bites with Passionfruit

Classic Choc & Oats Bar

**C**  
Veggie Burger, Salad, Smashed Avocado and Tasty Relish on a **Sandwich Thin**  
Sunshine Fruit Mix

**Pikelets** with Strawberry Jam

**C**  
**Tortilla Stack**  
Red Apple

Peach Yoghurt  
Almonds, Pretzels & Peanuts

**C**  
**Vegetable Curry & Rice**  
Orange

**Apple, Cherry & Almond Cake**  
Coconut, Espresso & Cashew Clusters

**C**  
**Vegetarian Spaghetti Bolognese**  
Kiwifruit

Cheese & Crackers

Snacks for A,B & Options

**C**  
**Rice Pudding**

**Chicken & Cashew Bowl**

**C**  
Vanilla Yoghurt Maple Coconut Crunch with Cranberries

**C**  
Cashews, Almonds & Walnuts

Roast Chicken, Tomato and Mayonnaise sandwich on **Soy & Linseed**

**C**  
Cheese & Crackers  
**Pikelets** with Strawberry Jam

**C**  
Savoury Nut Mix  
**Apple Crumble**















# Week B

This menu is for delivery weeks starting  
15th Mar · 12th Apr · 10th May

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

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

Optional

Vegetarian

Snacks for  
A,B&Options

**A**

Teriyaki Chicken and Salad Wrap  
Kiwifruit

.....

Choc Cranberry Trail Mix

**Banana & Apple Bread**

**A**

Chicken Broccoli & Turmeric Rice Salad with Zesty Dressing  
Pears & Apples in Yoghurt

.....

**Choc Chip & Orange Cake**

**A**

**Beef & Sweet Potato Hot Pot**  
Tropical Crush

.....

**Ciabatta Toast** with Tomato and Smashed Avocado

Roasted Maple Walnuts & Cashews

**A**

**Southern Style Chicken Tenders** with Roasted Pumpkin Spinach Rocket Salad and Lime & Jalapeno Dressing  
Red Apple

.....

**Pikelets** with Strawberry Jam

**A**

**Grass Fed Beef Burger with Caramelised Onion,** Tomato, Beetroot, Baby Spinach and Tomato Sauce on a **Grain Roll**  
Peach & Pear Cup

.....

Mixed Nuts

**A**

**Aromatic Chicken Curry**  
Peach Snack Cup

.....

Cheese & Crackers

**A**

**Steamed Chicken with Ginger & Shallot**  
Red Apple

.....

Peanuts, Almonds & Cashews

**B**

Italian Roasted Vegetable Pizza with Bocconcini  
Red Apple

.....

Peanuts, Almonds & Cashews

**B**

**Chargrilled Lamb** and Greek Salad with Creamy Dressing in a Wrap  
Orange

.....

**Apple Crumble**

**B**

Roast Chicken, Tomato, Baby Spinach and Mayonnaise sandwich on **Multigrain**  
Fruit Salad Cup

.....

Mixed Berry Yoghurt with Yoghurt Sprinkle

**B**

**Sesame & Ginger Pork**  
Peach Cup

.....

**Citrus & Coconut Cake**

**B**

**Broccoli & Chicken Pasta Bake**  
Kiwifruit

.....

**Double Chocolate Cake**  
Corn Chips with Salsa Dip

**B**

Ham, Cheese and Tomato sandwich on **Multigrain**  
Red Apple

.....

**Banana & Date Muffin**

**B**

Corned Beef, Tomato and Mustard Relish on a **Grain Roll**  
Pear Cup

.....

Choc Nut Bar

**C**

Mixed Bean, Broccoli & Turmeric Rice Salad with Zesty Dressing  
**Fresh Fruit**

.....

**Double Chocolate Cake**

**C**

Egg & Avocado Salad with Honey Mustard Dressing  
Pears & Apples in Yoghurt

.....

Mixed Nuts

**C**

Greek Salad, Bocconcini and Creamy Dressing in a Wrap  
Tropical Crush

.....

Cinnamon Oat Bar

**C**

Vegetarian Mexican Bean Nachos with Cheese and Smashed Avocado  
Orange

.....

Passionfruit Yoghurt

**C**

**Coconut & Lemongrass Tofu with Rice**  
Red Apple

.....

Maple Cashew Crunch

**C**

**Cheesy Veg Lasagne**  
Peach & Pear Cup

.....

**Banana & Date Muffin**

**C**

**Wholesome Cauliflower & Cashew Soup** with **Ciabatta Toast** and Butter  
Orange

.....

Choc & Nut Mix

**C**

Cinnamon Oat Bar  
**Banana & Date Muffin**

**C**

**Sweet Soy Chicken with Rice**

**C**

Choc & Nut Mix

**C**

Corned Beef, Tomato and Mustard Relish sandwich on **Rye**

**C**

Cheese & Crackers  
Classic Choc & Oats Bar

**C**

Passionfruit Yoghurt  
Choc Nut Bar

**C**

**Roast Chicken Tender,** Tomato and Smashed Avocado in a Wrap

# Week C

This menu is for delivery weeks starting  
**22nd Mar · 19th Apr · 17th May**

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

Optional

Vegetarian

Snacks for  
A,B & Options

Warm  
Japanese Beef  
& Rice Salad  
Pear Cup

A

Citrus & Coconut  
Cake

BBQ Chicken  
& Ham Pizza with  
melted Cheese  
Fresh Fruit

A

Choc Nut Bar

Chicken &  
Avocado Salad  
with Creamy Ranch  
Dressing  
Red Apple

A

Peach Yoghurt  
Maple Coconut Crunch  
with Cranberries

Roast Chicken,  
Salad and Mild  
Chipotle Mayonnaise  
in a Wrap  
Golden Raisin Mix

A

Bananna &  
Date Muffin

Slow Cooked  
Beef in Tomato &  
Paprika Sauce  
Fruit Salad Cup

A

Cheese & Crackers

Creamy  
Chicken &  
Pesto Penne  
Orange

A

Double  
Chocolate Cake  
Almonds, Pretzels &  
Peanuts

Koftas in  
Spiced Tomato  
Sauce  
Red Apple

A

Choc Hazelnut &  
Fruit Mix  
Cinnamon Oat Bar

Mexican Pulled  
Chicken Nachos with  
Cheese and Smashed  
Avocado

B

Red Apple

Quinoa &  
Cranberry Slaw with  
Tuna and Lemon  
Vinaigrette  
Pear Cup

B

Pikelets with  
Strawberry Jam

Pulled Texas  
BBQ Lamb  
Orange

B

Almonds, Pretzels &  
Peanuts  
Classic Choc &  
Oats Bar

Ham, Cheese,  
Salad and Tomato Jam  
on a Grain Roll  
Peach Cup

B

Maple Cashew Crunch

Oven Roasted  
Turkey, Tomato,  
Sliced Cucumber and  
Cranberry Sauce in a  
Wrap  
Kiwifruit

B

Choc & Nut Mix

Roast Beef,  
Cheese, Tomato  
and Caramelised  
Onion sandwich on  
Multigrain  
Fruit Salad Cup

B

Sesame Peanuts

Roast Chicken  
Tender, Tomato and  
Mayonnaise on a Long  
Multigrain Roll  
Orange

B

Rice Pudding

Shredded  
Tofu, Quinoa &  
Cranberry Slaw with  
Lemon Vinaigrette  
Fresh Cut Fruit

C

Vanilla Yoghurt with  
Yoghurt Sprinkle

Curried  
Egg Spread and  
Baby Leaf on a Long  
Multigrain Roll  
Fresh Fruit

C

Apple Crumble

Warm  
Japanese Tofu  
& Rice Salad  
Dried Apricots

C

Choc Nut Bar

Cheesy  
Mushroom &  
Semi Dried  
Tomato Penne  
Kiwifruit

C

Cashews, Almonds &  
Walnuts

Veggie  
Burger,  
Salad, Smashed  
Avocado and  
Tasty Relish on a  
Sandwich Thin  
Peach Cup

C

White Chocolate  
Blush Cake

Tortilla  
Stack  
Red Apple

C

Citrus &  
Coconut Cake  
Cheese & Crackers

Vegetarian  
Spaghetti  
Bolognese  
Pear Cup

C

Peanuts, Almonds &  
Cashews

Creamy Chicken &  
Risoni

C

Choc & Nut Mix

Hearty Beef & Barley  
Soup with a Long  
Multigrain Roll and  
Butter

C

Rice Pudding

C

Vanilla  
Yoghurt  
Pistachio,  
White Chocolate &  
Strawberries

C

Roast Chicken,  
Tomato and  
Mayonnaise in Wrap

C

Cheese,  
Tomato and  
Smashed Avocado  
Sandwich Thin Toastie















# Week D

This menu is for delivery weeks starting  
29th Mar · 26th Apr · 24th May

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	 <b>A</b> Fresh Omelette (Two Eggs, Roasted Vegetable Mix and Cheese) on <b>Soy &amp; Linseed Toast</b> with Butter  ..... Fresh Fruit	 <b>A</b> Fruity Almond Crunch with skim milk* <b>Multigrain Toast</b> with Honey Peach Yoghurt  ..... Vanilla Pears	 <b>A</b> Breakfast Wrap (Two Eggs, Mushroom Ham & Spinach and Cheese) with BBQ Sauce in a Wrap  ..... Orange	 <b>A</b> Creamy Almond & Vanilla Oats Two slices of <b>Wholemeal &amp; Seed Toast</b> with Butter (2) and Vegemite  ..... Red Apple	 <b>A</b> Maple, Pear & Wheat Flakes with skim milk* Two slices of <b>Multigrain Toast</b> with Peanut Butter and Honey  ..... Kiwifruit	 <b>A</b> <b>Bacon</b> , two Eggs, Tomato and Chutney on a toasted <b>English Multigrain Muffin</b>  ..... Fruit Salad Cup	 <b>A</b> Nut Cluster Crunch with skim milk* Two slices of <b>Wholemeal &amp; Seed Toast</b> with Butter and Apricot Jam  ..... Orange
Optional	 <b>B</b> Honey Muesli Flakes with skim milk* Two slices of <b>Multigrain Toast</b> with Peanut Butter and Plum Jam  ..... Orange	 <b>B</b> Maple, Pear & Wheat Flakes with skim milk* Ham, Cheese and Tomato <b>Sandwich Thin Toastie</b>  ..... Peach Snack Cup	 <b>B</b> Almond Toasted Muesli with skim milk* Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam  ..... Red Apple	 <b>B</b> Baked Beans with two slices of Cheese on two slices of <b>Soy &amp; Linseed Toast</b>  ..... Peach Cup	 <b>B</b> Apple, Cranberry & Bran Flakes with skim milk* Two Eggs, Baby Spinach and Fetta on two slices of <b>Ciabatta Toast</b>  ..... Orange	 <b>B</b> Honey Muesli Flakes with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Butter and Vegemite Passionfruit Yoghurt  ..... Peach Cup	 <b>B</b> Fruity Almond Crunch with skim milk* Two Eggs, Tomato and Chutney on a toasted <b>English Multigrain Muffin</b>  ..... Kiwifruit

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.

 \*\*Week of March 29 - Hot Cross Bun

Popular

**A**  
Caesar Salad Wrap (Chicken, Ham, Salad, Parmesan) with Caesar Dressing in a Wrap  
Peaches & Apricots  
.....  
Sesame Peanuts

**A**  
**Chicken Fajita Bowl**  
Fresh Fruit  
.....  
Almonds, Pretzels & Peanuts  
**Apple Crumble**

**A**  
Persian Style Lamb Salad with Fetta and Creamy Tahini Dressing  
Peach Cup  
.....  
**Apple & Cranberry Muffin**

**A**  
**Chargrilled Chicken & Parmesan Burger** with Tomato, Baby Spinach and Tomato Chutney on a **Grain Roll**  
Fruit Salad Cup  
.....  
Vanilla Yoghurt

**A**  
Chicken & Roasted Beetroot Salad with Fetta and Caramelised Balsamic Dressing  
Dried Plums  
.....  
Choc & Nut Mix

**A**  
**Spaghetti Bolognese**  
Orange  
.....  
Cashews & Cranberries  
**Ciabatta Toast** with Peanut Butter

**A**  
**Coconut & Lemongrass Chicken with Rice**  
Red Apple  
.....  
**Pikelets** with Strawberry Jam

Optional


**B**  
**Tasmanian Salmon Risotto**  
Kiwifruit  
.....  
Cashews, Almonds & Walnuts

**B**  
 **Minestrone Soup** with two slices of **Ciabatta Toast** and Butter  
Orange  
.....  
Cheese & Crackers

**B**  
Chicken, Avocado & Salad sandwich on **Soy & Linseed**  
Sunshine Fruit Mix  
.....  
**Choc Chip & Orange Cake**


**B**  
**Sticky BBQ Meatballs with Mixed Vegetable Rice**  
Red Apple  
.....  
Mixed Nuts

**B**  
Roast Beef, Cheese, Salad and Corn Relish on a **Grain Roll**  
Fruit Salad Cup  
.....  
Mixed Berry Yoghurt with Yoghurt Sprinkle


**B**  
 **Roast Chicken Tender**, Tomato and Mayonnaise in a Wrap  
Kiwifruit  
.....  
**Double Chocolate Cake\*\***  
Roasted Maple Walnuts & Cashews



**B**  
Ham, Cheese, Tomato and Tasty Relish sandwich on **Multigrain**  
Peach Snack Cup  
.....  
Maple Cashew Crunch


Vegetarian


**C**  
 Persian Style Chickpea & Cranberry Salad with Creamy Tahini Dressing  
Peaches & Apricots  
.....  
**Pikelets** with Strawberry Jam


**C**  
 Egg & Spinach with Tomato and Creamy Ranch Dressing in a Wrap  
Fruit Salad Cup  
.....  
**Walnut & Date Cake**

**C**  
 Italian Roasted Vegetable Pizza with Bocconcini  
Vanilla Pears  
.....  
Classic Choc & Oats Bar

**C**  
  Lentil & Roasted Beetroot Salad with Fetta & Caramelised Balsamic Dressing  
Orange  
.....  
**White Chocolate Blush Cake\*\***  
**Ciabatta Toast** with Peanut Butter

**C**  
 **Macaroni 'n' Cheese**  
Red Apple  
.....  
Cashews, Almonds & Walnuts

**C**  
 **Vegetarian Special Fried Rice**  
Pear Cup  
.....  
Cinnamon Oat Bar  
Cheese & Crackers

**C**  
 **Vegetable Curry & Rice**  
Peach Snack Cup  
.....  
Choc & Nut Mix

Snacks for A,B & Options


**Chicken, Coconut & Lemongrass Soup** with **Ciabatta Toast** and Butter

Roast Chicken, Tomato and Smashed Avocado on **Wholemeal & Seed Sandwich**

 Cashews, Almonds & Walnuts

Roast Beef, Cheese, Tomato and Caramelised Onion on a **Grain Roll**

**Asian Meatballs with Jasmine Rice**

 Peach Yoghurt Choc Nut Bar

 Dry Roasted Almonds  
Cheese & Crackers