

Week A

This menu is for delivery weeks starting
31 May · 28 June · 26 July

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>Honey Muesli Flakes with skim milk* Ham, Egg & Cheese Melt in a Sandwich Thin</p> <p>Orange</p>	<p>Fruity Almond Crunch with skim milk* Two slices of Wholemeal & Seed Toast with Butter and Strawberry Jam</p> <p>Peaches & Apricots</p>	<p>Creamy Cranberry & Apple Oats Two slices of Soy & Linseed Toast with Butter and Apricot Jam</p> <p>Mandarin</p>	<p>Eggs Benedict (Two Eggs, Bacon, Baby Spinach and Hollandaise Sauce) on two slices of Ciabatta Toast</p> <p>Fruit Salad Cup</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Two slices of Multigrain Toast with Peanut Butter and Honey</p> <p>Kiwifruit</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Wholemeal & Seed Toast with Butter and Plum Jam Mixed Berry Yoghurt</p> <p>Peach Snack Cup</p>	<p>Two Eggs, Smashed Avocado and Fetta on two slices of Ciabatta Toast</p> <p>Red Apple</p>
Optional	<p>Almond Toasted Muesli with skim milk* Multigrain Toast with Butter and Vegemite Vanilla Yoghurt</p> <p>Peach Snack Cup</p>	<p>Bacon, two Eggs and Tomato on two slices of Soy & Linseed Toast</p> <p>Red Apple</p>	<p>Baked Beans, Egg and Cheese on a toasted English Multigrain Muffin with Butter</p> <p>Kiwifruit</p>	<p>Honey Muesli Flakes with skim milk* Two slices of Rye Toast with Butter and Plum Jam</p> <p>Mandarin</p>	<p>Two Eggs, Baby Spinach and Fetta on two slices of Ciabatta Toast with Butter</p> <p>Peach Cup</p>	<p>Fruity Almond Crunch with skim milk* Bacon & Zucchini Bread with Egg and Tomato Chutney</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk* Multigrain toast with Butter and Honey Vanilla Yoghurt</p> <p>Mandarin</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 & Mediterranean Salad with Fetta and Italian Dressing Fresh Fruit Banana & Date Muffin Cheese & Crackers</p>	<p>Classic Supreme Pizza with melted Cheese Kiwifruit Choc Nut Bar</p>	<p>Lemongrass Chicken Bites with Salad, Peanuts and Vietnamese Dressing Pears & Apples in Yoghurt with Almonds & Sultanas Double Chocolate Cake</p>	<p>Chicken Cacciatore & Polenta Pasta Bake Red Apple Choc Hazelnut & Fruit Mix</p>	<p>Hearty Beef & Barley Soup and a Cheese and Tomato Sandwich Thin Toastie Sunshine Fruit Mix Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p>Roast Chicken, Tomato and Mayonnaise Wrap Mandarin Raspberry & Apple Crumble</p>	<p>Baked Potato Bolognese Peach & Pear Cup Cashews, Almonds & Walnuts</p>
Optional	<p>Aussie Beef Burger with Salad and Tomato Sauce on a Grain Roll Mandarin Cashews, Almonds & Walnuts</p>	<p>Chicken & Cashew Bowl Peach Cup Cheese & Crackers</p>	<p>BBQ Pork & Slaw with Canton Dressing in a Wrap Red Apple Ciabatta Toast with Peanut Butter</p>	<p>Mexican Pulled Beef Nachos with Cheese and Smashed Avocado Orange</p>	<p>Roast Chicken, Tomato and Mayonnaise sandwich on Wholemeal & Seed Peach Snack Cup Banana & Apple Bread Cinnamon Oat Bar</p>	<p>Slow Cooked Beef in Tomato & Paprika Sauce Fruit Salad Cup Choc Nut Bar</p>	<p>Ham, Cheese, Tomato and Mayonnaise sandwich on Soy & Linseed Peach Cup Pistachio, White Chocolate & Strawberries</p>
Vegetarian	<p>Egg & Spinach, Tomato and Creamy Ranch Dressing in a Wrap Fresh Cut Fruit Classic Choc & Oats Bar</p>	<p>Vietnamese Salad with Shredded Tofu and Asian Dressing Pears & Apples in Yoghurt with Almonds & Sultanas Choc Chip & Orange Cake</p>	<p>Vegetarian Spaghetti Bolognese Fruit Salad Cup Coconut, Espresso & Cashew Clusters</p>	<p>Mediterranean Lentil Salad with Fetta and Italian Dressing Peach Snack Cup Savoury Nut Mix Cheese & Crackers</p>	<p>Mexican Bean Nachos with Cheese and Smashed Avocado Mandarin Choc Cranberry Trail Mix</p>	<p>Minestrone Soup and Ciabatta Toast with Butter Dried Plums Citrus & Coconut Cake Sesame Peanuts</p>	<p>Coconut & Lemongrass Tofu with Rice Orange Pikelets with Strawberry Jam</p>
Snacks for A, B & C options	Coconut Beef Curry	Roast Chicken, Tomato and Mayonnaise Wrap	Pikelets with Strawberry Jam Mixed Nuts	Roast Beef, Cheese, Tomato and Tasty Relish on a Grain Roll	Rice Pudding	Choc & Nut Mix	Cheese & Crackers Classic Choc & Oats Bar

Week B

This menu is for delivery weeks starting
7 June · 5 July · 2 August

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

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* 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>Oriental Beef & Noodles</p> <p>Fresh Cut Fruit</p> <p>.....</p> <p>Citrus & Coconut Cake</p> <p>Corn Chips with Salsa Dip</p>	<p>Roast Chicken & Apple Salad with Slivered Almonds and Honey Mustard Dressing</p> <p>Fresh Fruit</p> <p>Mixed Berry Yoghurt</p> <p>Maple Coconut Crunch with Cranberries</p>	<p>Chargrilled Rissoles with Sweet Slaw and Creamy Cheese Dressing in a Wrap</p> <p>Tropical Crush</p> <p>.....</p> <p>Classic Choc & Oats Bar</p>	<p>Chicken, Brown Rice & Quinoa Salad with Honey, Lime & Coconut Dressing</p> <p>Orange</p> <p>.....</p> <p>Apple Crumble</p>	<p>Chargrilled Chicken Burger with Parmesan, Tomato, Baby Spinach and Tomato Chutney on a Grain Roll</p> <p>Peach & Pear Cup</p> <p>.....</p> <p>Mixed Nuts</p>	<p>Spanish Chicken Chorizo Rice</p> <p>Mandarin</p> <p>.....</p> <p>Pikelets with Strawberry Jam</p>	<p>Shepherd's Pie</p> <p>Peach Cup</p> <p>.....</p> <p>Cashews, Almonds & Walnuts</p>
Optional	<p>Smoked Chicken, Tomato, Baby Spinach and Mayonnaise sandwich on Multigrain</p> <p>Peach & Pear Cup</p> <p>.....</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p>Curried Egg Spread and Baby Leaf on a Long Multigrain Roll</p> <p>Peach Cup</p> <p>.....</p> <p>Choc Hazelnut & Fruit Mix</p> <p>Corn Chips with Salsa Dip</p>	<p>Hearty Chicken & Vegetable Soup and Ciabatta Toast with Butter</p> <p>Mandarin</p> <p>.....</p> <p>Apple & Cranberry Muffin</p> <p>Almonds, Pretzels & Peanuts</p>	<p>Roast Beef, Cheese Tomato and Fruit Chutney on a Grain Roll</p> <p>Peach & Pear Cup</p> <p>.....</p> <p>Double Chocolate Cake</p>	<p>Tasmanian Salmon Risotto</p> <p>Red Apple</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>Flame Grilled Meatballs with Mash</p> <p>Fruit Salad Cup</p> <p>.....</p> <p>Apple, Cherry & Almond Cake</p>	<p>Roast Chicken, Tomato and Smashed Avocado Wrap</p> <p>Pear Cup</p> <p>.....</p> <p>Sesame Peanuts</p>
Vegetarian	<p>Egg & Avocado Salad with Honey Mustard Dressing</p> <p>Fresh Fruit</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>Italian Roasted Vegetable Pizza with Bocconcini</p> <p>Tropical Crush</p> <p>.....</p> <p>Peanuts, Almonds & Cashews</p>	<p>Tofu & Mixed Grain Salad with Honey, Lime & Coconut Dressing</p> <p>Peaches & Apricots</p> <p>.....</p> <p>Vanilla Yoghurt</p>	<p>Tortilla Stack</p> <p>Red Apple</p> <p>.....</p> <p>Choc & Nut Mix</p>	<p>Miso Soup with Tofu & Vegetables</p> <p>Peach Snack Cup</p> <p>Rice Pudding with Blueberry & Apple Compote</p> <p>Corn Chips with Salsa Dip</p>	<p>Cheese, Tomato, Sliced Cucumber and Mustard Relish sandwich on Multigrain</p> <p>Orange</p> <p>.....</p> <p>Cashews, Almonds & Walnuts</p>	<p>Vegetarian Spaghetti Bolognese</p> <p>Red Apple</p> <p>.....</p> <p>Banana & Date Muffin</p>
Snacks for A, B & C options	<p>Pumpkin Soup and a Cheese and Tomato Sandwich Thin Toastie</p>	<p>Double Chocolate Cake</p> <p>9 Grain Crispbread with Peanut Butter</p>	<p>Roast Chicken Penne</p>	<p>Pistachio, White Chocolate & Strawberries</p> <p>Vanilla Yoghurt</p>	<p>Roast Beef, Tomato, and Corn Relish sandwich on Soy & Linseed</p>	<p>Choc Nut Bar</p>	<p>Cheese & Crackers</p> <p>Dried Apricots</p>

Week C

This menu is for delivery weeks starting
14 June · 12 July · 9 August

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>Two slices of Wholemeal & Seed Toast with Peanut Butter and Honey</p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p>Maple, Pear & Wheat Flakes with skim milk*</p> <p>Multigrain Toast with Butter and Apricot Jam</p> <p>Vanilla Yoghurt</p> <p>Fresh Cut Fruit</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Bacon and Egg Mayo on a toasted English Multigrain Muffin</p> <p>Mandarin</p>	<p>Two Eggs, Fetta and Baby Spinach on two slices of Ciabatta Toast with Butter</p> <p>Fruit Salad Cup</p>	<p>Creamy Almond & Vanilla Oats</p> <p>Two slices of Soy & Linseed Toast with Butter (2) and Vegemite</p> <p>Peach Snack Cup</p>	<p>Ham, two Eggs and Tomato on two slices of Wholemeal & Seed Toast</p> <p>Red Apple</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of Multigrain Toast with Butter and Honey</p> <p>Kiwifruit</p>
Optional	<p>Two Eggs, Smashed Avocado and Fetta on two slices of Ciabatta Toast</p> <p>Fruit Salad Cup</p>	<p>Breakfast Wrap (Two Eggs, Mushroom, Ham, Spinach & Cheese with BBQ Sauce) in a Wrap</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Two slices of Rye Toast with Butter and Plum Jam</p> <p>Peach Snack Cup</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Soy & Linseed Toast with Butter and Strawberry Jam</p> <p>Vanilla Yoghurt</p> <p>Kiwifruit</p>	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Baked Beans and Cheese on a toasted English Multigrain Muffin</p> <p>Mandarin</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Multigrain Toast with Peanut Butter</p> <p>Rhubarb & Apple Yoghurt</p> <p>Peach Cup</p>	<p>Two Eggs, Tomato and Smashed Avocado on two slices of Wholemeal & Seed Toast</p> <p>Pear Cup</p>

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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>Chicken, Ham, Egg & Cheese Salad with Creamy Cheese Dressing</p> <p>Pear Cup</p> <p>Vanilla Yoghurt</p>	<p>Lamb, Lentil & Vegetable Salad with Fetta and Greek Vinaigrette</p> <p>Red Apple</p> <p>Choc & Nut Mix</p>	<p>Smoked Chicken, Apple Slaw and Zesty Dressing in a Wrap</p> <p>Peach Cup</p> <p>Cinnamon Oat Bar</p>	<p>Moroccan Chicken with Pilaf Rice</p> <p>Pear Cup</p> <p>Cashews, Almonds & Walnuts</p>	<p>Aussie Beef Burger with Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll</p> <p>Orange</p> <p>Cheese & Crackers</p>	<p>Wholesome Cauliflower & Cashew Soup with Ciabatta Toast and Butter</p> <p>Fruit Salad Cup</p> <p>Double Chocolate Cake</p> <p>Almonds, Pretzels & Peanuts</p>	<p>Sticky BBQ Meatballs with Mixed Vegetable Rice</p> <p>Mandarin</p> <p>Apple & Cranberry Muffin</p>
Optional	<p>BBQ Pork & Slaw with Hoisin Dressing on a Grain Roll</p> <p>Fresh Fruit</p> <p>Dry Roasted Almonds</p> <p>Classic Choc & Oats Bar</p>	<p>Sweet Chicken Curry</p> <p>Peach Snack Cup</p> <p>Choc Nut Bar</p>	<p>Beef & Sweet Potato Hot Pot</p> <p>Fruit Salad Cup</p> <p>Choc Chip & Orange Cake</p> <p>Cashews & Cranberries</p>	<p>Ham, Cheese, Salad and Tomato Jam on a Grain Roll</p> <p>Mandarin</p> <p>Mixed Berry Yoghurt</p> <p>Maple Cashew Crunch</p>	<p>Broccoli & Chicken Pasta Bake</p> <p>Red Apple</p> <p>Choc & Nut Mix</p>	<p>Steamed Chicken with Ginger & Shallot</p> <p>Pear Cup</p> <p>Tomato and Smashed Avocado on Ciabatta Toast</p>	<p>Roast Chicken, Tomato and Mayonnaise Wrap</p> <p>Peach Snack Cup</p> <p>Cheese & Crackers</p>
Vegetarian	<p>Penne Pasta with Napoli Sauce & Boccocini</p> <p>Peaches with Raspberry Sauce</p> <p>Double Chocolate Cake</p>	<p>Tofu & Slaw with Asian Dressing in a Wrap</p> <p>Sweet Pineapple Bites with Passionfruit</p> <p>Apple Crumble</p>	<p>Lentil & Vegetable Salad with Fetta and Greek Vinaigrette</p> <p>Red Apple</p> <p>Choc Hazelnut & Fruit Mix</p> <p>Cheese & Crackers</p>	<p>Mexican Bean Nachos with Cheese and Smashed Avocado</p> <p>Peach Cup</p>	<p>Coconut & Lemongrass Tofu with Rice</p> <p>Pear Cup</p> <p>Peanuts, Almonds & Cashews</p>	<p>Penne Pesto Pasta</p> <p>Kiwifruit</p> <p>Mixed Nuts</p> <p>Pikelets with Strawberry Jam</p>	<p>Tortilla Stack</p> <p>Red Apple</p> <p>Pistachio, White Chocolate & Strawberries</p> <p>Vanilla Yoghurt</p>
Snacks for A, B & C options	<p>Koftas in Spiced Tomato Sauce</p> <p>Roast Chicken, Tomato and Mayonnaise sandwich on Multigrain</p>	<p>Vanilla Yoghurt</p> <p>Maple Coconut Crunch with Cranberries</p>	<p>Raspberry & Apple Crumble</p> <p>9 Grain Crispbread with Peanut Butter</p>	<p>White Chocolate Blush Cake</p> <p>Corn Chips with Salsa Dip</p>	<p>Cheese & Crackers</p> <p>Classic Choc & Oats Bar</p>	<p>Cashews, Almonds & Walnuts</p>	

Week D

This menu is for delivery weeks starting
21 June · 19 July · 16 August

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>Honey Muesli Flakes with skim milk* Bacon, Avocado & Fetta Sandwich Thin Toastie</p> <p>Apricots & Pears</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Wholemeal & Seed Toast with Butter and Vegemite Vanilla Yoghurt</p> <p>Fresh Cut Fruit</p>	<p>Fruity Almond Crunch with skim milk* Two slices of Multigrain Toast with Butter and Plum Jam</p> <p>Mandarin</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Two Eggs, Tomato and Chutney on a toasted English Multigrain Muffin</p> <p>Kiwifruit</p>	<p>Honey Muesli Flakes with skim milk* Multigrain Toast with Apricot Jam Passionfruit Yoghurt</p> <p>Peach & Pear Cup</p>	<p>Almond Toasted Muesli with skim milk* Two slices of Soy & Linseed Toast with Peanut Butter and Strawberry Jam</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk* Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</p> <p>Red Apple</p>
Optional	<p>Baked Beans and two slices of Cheese on two slices of Soy & Linseed Toast</p> <p>Orange</p>	<p>Fresh Omelette (Two Eggs and Smoked Salmon Mix) on two slices of Ciabatta Toast with Butter</p> <p>Red Apple</p>	<p>Apple & Cinnamon Bircher Muesli Soy & Linseed Toast with Peanut Butter</p> <p>Peach & Pear Cup</p>	<p>Nut Cluster Crunch with skim milk* Two slices of Multigrain Toast with Butter and Honey</p> <p>Peach Snack Cup</p>	<p>Eggs Florentine (Two Eggs, Baby Spinach and Florentine Sauce) on two slices of Ciabatta Toast</p> <p>Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Bacon & Zucchini Bread with Egg and Tomato Chutney</p> <p>Pear Cup</p>	<p>Creamy Cranberry & Apple Oats Two slices of Rye Toast with Butter and Strawberry Jam</p> <p>Mandarin</p>

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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 & Crunchy Corn Salad with Garlic Lemon Vinaigrette Fresh Fruit</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle Walnut & Date Cake</p>	<p>Spaghetti Bolognaise Orange</p> <p>Coconut, Espresso & Cashew Clusters 9 Grain Crispbread with Butter and Vegemite</p>	<p>Chicken & Ham Salad with Caesar Dressing Dried Plums</p> <p>Rice Pudding</p>	<p>Mexican Pulled Beef Nachos with Cheese and Smashed Avocado Cinnamon Apples</p> <p>Rhubarb & Apple Yoghurt</p>	<p>Seasoned Chicken & Mushroom Risotto Red Apple</p> <p>Peanuts, Almonds & Cashews</p>	<p>Butter Chicken, Tomato, Sliced Cucumber and Raita in a Wrap Fruit Salad Cup</p> <p>Pistachio, White Chocolate & Strawberries</p>	<p>Sweet Soy Chicken with Rice Peach Snack Cup</p> <p>Sesame Peanuts Apple, Cherry & Almond Cake</p>
Optional	<p>Asian Meatballs with Jasmine Rice Dried Apricots</p> <p>Cashews, Almonds & Walnuts</p>	<p>Chargrilled Chicken Burger with Parmesan, Salad and Tomato Chutney on a Grain Roll Peach Snack Cup</p> <p>Apple Crumble</p>	<p>Beef Satay Red Apple</p> <p>Classic Choc & Oats Bar Corn Chips with Salsa Dip</p>	<p>Oven Roasted Turkey, Tomato, Sliced Cucumber & Cranberry Sauce in a Wrap Orange</p> <p>Citrus & Coconut Cake Almonds, Pretzels & Peanuts</p>	<p>Corned Beef, Cheese, Baby Spinach and Mustard Relish sandwich on Multigrain Peach Cup</p> <p>Coconut, Espresso & Cashew Clusters</p>	<p>Pulled Texas BBQ Lamb Kiwifruit</p> <p>Pikelets with Strawberry Jam Cheese & Crackers</p>	<p>Roast Beef, Cheese, Tomato and Caramelised Onion on a Grain Roll Orange</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>
Vegetarian	<p>Roasted Pumpkin, Spinach & Fetta Pizza Fresh Fruit</p> <p>Choc & Nut Mix</p>	<p>Black Bean & Crunchy Slaw Salad with Zesty Dressing Cinnamon Apples</p> <p>Choc Nut Bar Cheese & Crackers</p>	<p>Curried Egg Spread and Baby Leaf sandwich on Wholemeal & Seed Apricots & Pears</p> <p>White Chocolate Blush Cake Mixed Berry Yoghurt</p>	<p>Vegetarian Special Fried Rice Mandarin</p> <p>Cinnamon & Oat Bar Ciabatta Toast with Peanut Butter</p>	<p>Veggie Burger, Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin Peach Cup</p> <p>Apple & Cranberry Muffin</p>	<p>Tomato Soup and Ciabatta Toast with Butter Red Apple</p> <p>Almonds, Pretzels & Peanuts Vanilla Yoghurt</p>	<p>Cheesy Veg Lasagne Fruit Salad Cup</p> <p>Roasted Maple Walnuts & Cashews</p>
Snacks for A, B & C options	<p>Toasted English Fruit Muffin with Butter (2) and Strawberry Jam</p>	<p>Chicken, Coconut & Lemongrass Soup and a Long Multigrain Roll with Butter</p>	<p>Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie</p>	<p>Choc & Nut Mix</p>	<p>Cheese & Crackers Apricot Pudding</p>	<p>Cashews, Almonds & Walnuts</p>	<p>Choc Nut Bar</p>