

8400kJ Vegetarian Menu 1

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Meat Alternatives

5 eggs
11 meat alternatives
220g reduced fat cheese

Fat

21 fat serves

Fruit

14 fruit serves

Grains


1 cup corn
12 crispbread
3 English muffins
1 cup peas
21 slices wholegrain bread

Vegetables

18 cups salad
10 non-starchy vegetable serves

Milk

17½ milk serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Cheesy Baked Potato B 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Spinach & Ricotta Cannelloni C 2 meat alternatives 2 vegetable serves *	Jenny Craig's Ice Cream Sundae B	
Day 2	Malty Grain B 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Roasted Veggie All Round D 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	1 fruit serve 1 English muffin 1 fat serve 20g reduced fat cheese	Vegetable Tikka Masala with Paneer Cheese C 1 meat alternative 2 vegetable serves *	Sweet Chilli & Sour Cream Chips A	
Day 3	Peanut Breakfast Bar A 1 milk serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement	1½ milk serves	Pumpkin & Fetta Rice Salad * D 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 2 fat serves 1 meat alternative	Macaroni Cheese B 2 vegetable serves * ½ cup peas	Cinnamon Cookie B 1 fruit serve	
Day 4	Apple & Cinnamon Porridge B  ½ milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1 fruit serve 1 milk serve	Vegetable Tortellini C 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 milk serve 3 crispbread 40g reduced fat cheese	Vegetarian Chilli B 1 meat alternative 2 vegetable serves * ½ cup peas	Corn Chips C	
Day 5	Toasted Berry Muesli D 1 milk serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement	1½ milk serves 1 fruit serve	Bean & Cheese Burrito B 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 English muffin 1 fat serve 20g reduced fat cheese	Creamy Vegetable Pappardelle B 20g reduced fat cheese 2 vegetable serves *	Shortbread Bites D 1 fruit serve	
Day 6	Café-style Banana Bread A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Vegetable Lasagne B 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Roasted Vegetable Pizza C 2 cups salad * ½ cup corn 1 meat alternative 1 fat serve	Sticky Date Pudding C	
Day 7	Apple & Berry Brekkie Cup C 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Potato & Leek Soup A 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	1 fruit serve 1 English muffin 40g reduced fat cheese	Cheesy Pesto Pasta * A 1 meat alternative 2 cups salad * ½ cup corn 1 fat serve	BBQ Bites D	

* All non-starchy vegetables are Free Foods  Use milk serve allocated on this day to prepare, as per pack instructions * Thaw overnight

8400kJ Vegetarian Menu 2

This week's focus

Food

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Date	Time
Phone	

Shopping list

<p>Meat Alternatives 6 eggs 16 meat alternatives 180g reduced fat cheese</p> <p>Grains 9 crispbread 3 English muffins 1½ cups peas 21 slices wholegrain bread</p> <p>Milk 17½ milk serves</p> <p>Fat 20 fat serves</p>	<p>Fruit 14 fruit serves</p> <p>Vegetables 16 cups salad 12 non-starchy vegetable serves</p>
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	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Cranberry & Vanilla Muesli C 1 milk serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement	1½ milk serves	Creamy Vegetable Pappardelle D 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad *	1 fruit serve	Vegetable Tikka Masala C 2 meat alternatives ½ cup peas 2 vegetable serves *	Salted Caramel Nut Bar D 1 fruit serve	
Day 2	Nut & Grain Chew B 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves	Spinach & Fetta Roll B 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Macaroni Cheese B 2 meat alternatives 2 vegetable serves *	Chocolate Pudding D	
Day 3	Flakes & Fibre Cereal A 1 milk serve 1 fat serve 1 slice wholegrain toast 1 boiled/poached egg Daily Supplement	1½ milk serves 1 fruit serve	Creamy Vegetable Soup A 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 1 English muffin 40g reduced fat cheese	Roasted Vegetable Pizza C 2 cups salad * 2 meat alternatives 1 fat serve	Light & Tangy Veggie Crisps A	
Day 4	Café-style Banana Bread A 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1½ milk serves 1 fruit serve	Pumpkin & Fetta Rice Salad D ✱ 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	3 crispbread 2 fat serves 1 meat alternative	Vegetable Tortellini B 2 meat alternatives 2 vegetable serves * ½ cup peas	Choc Chip Bites C	
Day 5	Cocoa Clusters D 1 milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve 1 boiled/poached egg Daily Supplement	1½ milk serves	Zucchini & Corn Muffin C 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	Vegetarian Chilli B 1 meat alternative 2 vegetable serves * ½ cup peas	Oregano & Thyme Crunchies B	
Day 6	Waffles D 2 fat serves 1 milk serve 1 fruit serve Daily Supplement	1½ milk serves 1 slice wholegrain toast 1 fat serve	Smoked Paprika Paella B 2 slices wholegrain bread 1 fat serve 20g reduced fat cheese 2 cups salad *	1 fruit serve 1 English muffin 2 meat alternatives	Spinach & Ricotta Cannelloni C 2 vegetable serves *	White Chocolate Cranberry Cookie B	
Day 7	Wholemeal Pancakes B 💧 ½ milk serve 1 fruit serve 1 slice wholegrain toast 1 fat serve Daily Supplement	1 milk serve	Cheesy Pesto Pasta ✱ C 2 slices wholegrain bread 1 fat serve 1 meat alternative 2 cups salad *	1 fruit serve 1 English muffin 40g reduced fat cheese	Asian-style Vegetable Fried Rice A 1 fried egg 2 vegetable serves *	Shortbread Bites D 1 milk serve	

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