


5000kJ Menu 1

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Malty Grain A ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Beef Pie D 2 cups salad *	1 fruit serve	Chicken Fettuccine C 2 vegetable serves *	Shortbread Bites D	
Day 2	Oat & Apricot Bar C ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Cheesy Baked Potato C 2 cups salad *	1 fruit serve	Beef & Vegetable Casserole C 2 vegetable serves *	Nut & Cranberry Mix C	
Day 3	Flakes & Fibre Cereal A ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Ham & Cheese Toastie C 2 cups salad *	1 fruit serve	Spinach & Ricotta Cannelloni D 2 vegetable serves *	Melting Moment A	
Day 4	Cheese & Chive Omelette D ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Spaghetti Bolognaise B 2 cups salad *	1 fruit serve	Bean & Cheese Burrito A 2 cups salad *	Salted Caramel Nut Bar C	
Day 5	Toasted Berry Muesli D ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Creamy Vegetable Soup A 1 slice wholegrain bread 2 cups salad *	1 fruit serve	Butter Chicken E 2 vegetable serves *	Oregano & Thyme Crunchies B	
Day 6	Apple & Berry Brekkie Cup C ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Spinach & Fetta Roll B 2 cups salad *	1 fruit serve	Meatballs & Vegetables B 2 vegetable serves *	Chocolate Pudding D	
Day 7	Wholemeal Pancakes B  ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Creamy Vegetable Pappardelle D 2 cups salad *	1 fruit serve	Cottage Pie E 2 vegetable serves *	Light & Tangy Veggie Crisps A	

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

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Grains

1 slice wholegrain bread

Dairy

10½ dairy serves

Fruit

14 fruit serves

Vegetables

16 cups salad

12 non-starchy vegetable serves

Please direct comments to:
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5000kJ Menu 2

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal A ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Pea & Ham Risotto C 2 cups salad *	1 fruit serve	Crumbed Fish & Wedges E 2 cups salad *	Choc Chip Bites C	
Day 2	Fruit Loaf B ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Pumpkin Soup A 1 slice wholegrain bread 2 cups salad *	1 fruit serve	Chicken Parmigiana E 2 cups salad *	BBQ Bites D	
Day 3	Ham & Egg Muffin D ½ dairy serve 1 fruit serve Daily Supplement	½ dairy serve	Sausage Roll C 2 cups salad *	1 fruit serve	Roasted Vegetable Pizza B 2 cups salad *	Panna Cotta A ½ dairy serve	
Day 4	Cocoa Clusters D ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Cheese & Chive Omelette B 2 cups salad *	1 fruit serve	Chicken Cacciatore D 2 vegetable serves *	Sweet & Salty Popcorn B	
Day 5	Nut & Grain Chew B ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Vegetable Lasagne B 2 cups salad *	1 fruit serve	Quiche Lorraine A 2 cups salad *	Mango Cheesecake D *	
Day 6	Malty Grain A ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Roasted Veggie All Round D 2 cups salad *	1 fruit serve	Teriyaki Beef Noodles D 2 vegetable serves *	White Chocolate Cranberry Cookie B	
Day 7	Cranberry & Vanilla Muesli C ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Pumpkin & Fetta Rice Salad D 2 cups salad *	1 fruit serve	Beef Pastie C 2 vegetable serves *	Light & Tangy Veggie Crisps A	

This week's focus

Food

Body

Mind

Appointment

Date

Time

Phone

Shopping list

Grains

1 slice wholegrain bread

Dairy

10½ dairy serves

Fruit

14 fruit serves

Vegetables

22 cups salad

6 non-starchy vegetable serves

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