



5000kJ Menu 3

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Hazelnut & Almond Cereal A ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Ham & Cheese Toastie C 2 cups salad *	1 fruit serve	Nasi Goreng C 2 vegetable serves *	Oregano & Thyme Crunchies B	
Day 2	Flakes & Fibre Cereal A ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Roasted Veggie All Round D 2 cups salad *	1 fruit serve	Chicken Pad Thai D 2 vegetable serves *	Jenny Craig's Ice Cream Sundae A	
Day 3	Caramelised Onion Fritters C ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Cheesy Baked Potato C 2 cups salad *	1 fruit serve	Vegetarian Chilli A 2 vegetable serves *	BBQ Bites D	
Day 4	Oat & Apricot Bar C ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Vegetable Lasagne B 2 cups salad *	1 fruit serve	Lamb Moussaka B 2 vegetable serves *	Sticky Date Pudding C	
Day 5	Toasted Berry Muesli D ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Spaghetti Bolognese B 2 cups salad *	1 fruit serve	Chunky Vegetable Soup B 2 vegetable serves *	Trio Spice Mix D	
Day 6	Wholemeal Pancakes B  ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Sausage Roll C 2 cups salad *	1 fruit serve	Salmon Linguine C 2 vegetable serves *	Choc Fudge Bikkie B	
Day 7	Apple & Cinnamon Porridge B  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	Chicken Satay E 2 vegetable serves *	Nut & Cranberry Mix C	

* 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**
14 cups salad
14 non-starchy vegetable serves

Please direct comments to:
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5000kJ Menu 4

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	Nut & Grain Chew B ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Beef Nachos C 2 cups salad *	1 fruit serve	Macaroni Cheese A 2 vegetable serves *	Light & Tangy Veggie Crisps A	
Day 2	Cocoa Clusters D ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Vegetable Tortellini C 2 cups salad *	1 fruit serve	Roast Chicken & Vegetables B 2 vegetable serves *	Trio Spice Mix D	
Day 3	Flakes & Fibre Cereal A ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Beef Pie D 2 cups salad *	1 fruit serve	Vegetable Tikka Masala with Paneer Cheese D 2 vegetable serves *	Jenny Craig's Ice Cream Sundae A	
Day 4	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	Cottage Pie E 2 vegetable serves *	White Chocolate Cranberry Cookie B	
Day 5	Malty Grain A ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Tuna Baked Potato B 2 cups salad *	1 fruit serve	Beef Pastie C 2 vegetable serves *	Sweet & Salty Popcorn B	
Day 6	Cranberry & Vanilla Muesli C ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Vegetarian Chilli D 2 cups salad *	1 fruit serve	Creamy Vegetable Pappardelle A 2 vegetable serves *	Salted Caramel Nut Bar C	
Day 7	Toasted Berry Muesli D ½ dairy serve 1 fruit serve Daily Supplement	1 dairy serve	Spinach & Fetta Roll B 2 cups salad *	1 fruit serve	Beef Lasagne C 2 vegetable serves *	Shortbread Bites D	

* All non-starchy vegetables are Free Foods

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

14 cups salad

14 non-starchy vegetable serves

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