

# 8400kJ Menu 1

## This week's focus

Food

Body

Mind

## Appointment

Date	Time
Phone	

## Shopping list

<b>Meat</b> 4 eggs 90g canned fish 8 slices lean ham (180g) 300g reduced fat cheese	<b>Fat</b> 17 fat serves
<b>Grains</b> 12 crispbread 2 tsp honey 1½ cups peas 22 slices wholegrain bread	<b>Fruit</b> 14 fruit serves
<b>Dairy</b> 17½ dairy serves	<b>Vegetables</b> 16 cups salad 12 non-starchy vegetable serves

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Malty Grain</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> <b>A</b>	1½ dairy serves	<b>Beef Pie</b> <b>D</b> 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 slices lean ham 2 cups salad *	1 fruit serve 1 slice wholegrain toast 1 fat serve	<b>Chicken Fettuccine</b> <b>C</b> 40g reduced fat cheese 2 vegetable serves *	<b>Shortbread Bites</b> <b>D</b>	
Day 2	<b>Oat &amp; Apricot Bar</b> <b>C</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	<b>Cheesy Baked Potato</b> <b>C</b> 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese 2 slices lean ham	<b>Beef &amp; Vegetable Casserole</b> <b>C</b> 2 vegetable serves * ½ cup peas	<b>Nut &amp; Cranberry Mix</b> <b>C</b>	
Day 3	<b>Flakes &amp; Fibre Cereal</b> <b>A</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b>	1½ dairy serves	<b>Ham &amp; Cheese Toastie</b> <b>C</b> 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Spinach &amp; Ricotta Cannelloni</b> <b>D</b> 20g reduced fat cheese 2 vegetable serves * 1 slice wholegrain bread 1 fat serve	<b>Melting Moment</b> <b>A</b>	
Day 4	<b>Cheese &amp; Chive Omelette</b> <b>D</b> 2 slices wholegrain toast 2 fat serves 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	<b>Spaghetti Bolognese</b> <b>B</b> 2 slices wholegrain bread 2 slices lean ham 20g reduced fat cheese 2 cups salad *	1 fruit serve	<b>Bean &amp; Cheese Burrito</b> <b>A</b> 2 cups salad * 40g reduced fat cheese	<b>Salted Caramel Nut Bar</b> <b>C</b>	
Day 5	<b>Toasted Berry Muesli</b> <b>D</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b>	1½ dairy serves	<b>Creamy Vegetable Soup</b> <b>A</b> 2 slices wholegrain bread 1 fat serve 90g canned fish 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	<b>Butter Chicken</b> <b>E</b> 2 vegetable serves * 1 slice wholegrain bread	<b>Oregano &amp; Thyme Crunchies</b> <b>B</b>	
Day 6	<b>Apple &amp; Berry Brekkie Cup</b> <b>C</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 fat serve <b>Daily Supplement</b>	1½ dairy serves	<b>Spinach &amp; Fetta Roll</b> <b>B</b> 2 slices wholegrain bread 2 fat serves 1 boiled egg 2 cups salad *	1 fruit serve 3 crispbread 20g reduced fat cheese	<b>Meatballs &amp; Vegetables</b> <b>B</b> 2 vegetable serves * ½ cup peas	<b>Chocolate Pudding</b> <b>D</b>	
Day 7	<b>Wholemeal Pancakes</b> <b>B</b> ½ dairy serve 1 fat serve 2 tsp honey 1 fruit serve <b>Daily Supplement</b>	1 dairy serve 1 fruit serve	<b>Creamy Vegetable Pappardelle</b> <b>D</b> 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad *	1 dairy serve 3 crispbread 2 slices lean ham 20g reduced fat cheese	<b>Cottage Pie</b> <b>E</b> 2 vegetable serves * ½ cup peas	<b>Light &amp; Tangy Veggies Crisps</b> <b>A</b>	

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

# 8400kJ Menu 2

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Activity
Day 1	<b>Hazelnut &amp; Almond Cereal</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b> <b>A</b>	1½ dairy serves	<b>Pea &amp; Ham Risotto</b> <b>C</b> 2 slices wholegrain bread 1 boiled egg 1 fat serve 2 cups salad *	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	<b>Crumbed Fish &amp; Wedges</b> <b>E</b> 2 cups salad * 1 slice wholegrain bread 1 fat serve	<b>Choc Chip Bites</b> <b>C</b>	
Day 2	<b>Fruit Loaf</b> <b>B</b> 1 dairy serve 1 slice wholegrain toast 1 fat serve ½ cup baked beans <b>Daily Supplement</b>	1½ dairy serves 1 fruit serve	<b>Pumpkin Soup</b> <b>A</b> 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve	<b>Chicken Parmigiana</b> <b>E</b> 2 cups salad * 40g reduced fat cheese 1 fat serve	<b>BBQ Bites</b> <b>D</b>	
Day 3	<b>Ham &amp; Egg Muffin</b> <b>D</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1 dairy serve	<b>Sausage Roll</b> <b>C</b> 2 slices wholegrain bread 2 fat serves 2 slices lean ham 2 cups salad *	1 fruit serve 3 crispbread 1 fat serve 40g reduced fat cheese	<b>Roasted Vegetable Pizza</b> <b>B</b> 2 cups salad * ½ cup corn 1 fat serve	<b>Panna Cotta</b> <b>A</b> ½ dairy serve	
Day 4	<b>Cocoa Clusters</b> <b>D</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast ½ cup baked beans <b>Daily Supplement</b>	1½ dairy serves	<b>Cheese &amp; Chive Omelette</b> <b>B</b> 2 slices wholegrain toast 2 fat serves 2 slices lean ham 2 cups salad *	1 fruit serve	<b>Chicken Cacciatore</b> <b>D</b> 40g reduced fat cheese 2 vegetable serves *	<b>Sweet &amp; Salty Popcorn</b> <b>B</b>	
Day 5	<b>Nut &amp; Grain Chew</b> <b>B</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	<b>Vegetable Lasagne</b> <b>B</b> 2 slices wholegrain bread 1 fat serve 1 boiled egg 2 cups salad *	1 fruit serve 1 English muffin 1 fat serve 40g reduced fat cheese	<b>Quiche Lorraine</b> <b>A</b> 2 cups salad * ½ cup corn	<b>Mango Cheesecake</b> <b>D</b> *	
Day 6	<b>Malty Grain</b> <b>A</b> 1 dairy serve 1 fruit serve <b>Daily Supplement</b>	1½ dairy serves	<b>Roasted Veggie All Round</b> <b>D</b> 2 slices wholegrain bread 2 fat serves 90g canned fish 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	<b>Teriyaki Beef Noodles</b> <b>D</b> 2 vegetable serves * ½ cup corn	<b>White Chocolate Cranberry Cookie</b> <b>B</b>	
Day 7	<b>Cranberry &amp; Vanilla Muesli</b> <b>C</b> 1 dairy serve 1 fruit serve 1 slice wholegrain toast 1 boiled/poached egg <b>Daily Supplement</b>	1½ dairy serves	<b>Pumpkin &amp; Fetta Rice Salad</b> <b>D</b> 2 slices wholegrain bread 1 fat serve 2 slices lean ham 2 cups salad *	1 fruit serve 3 crispbread 40g reduced fat cheese	<b>Beef Pastie</b> <b>C</b> 2 vegetable serves *	<b>Light &amp; Tangy Veggies Crisps</b> <b>A</b>	

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## Shopping list

### Meat

3 eggs  
180g canned fish  
6 slices lean ham (135g)  
280g reduced fat cheese

### Fat

18 fat serves

### Fruit

14 fruit serves

### Grains

1 cup baked beans (salt-reduced)  
1½ cups corn  
12 crispbread  
1 English muffin  
18 slices wholegrain bread

### Vegetables

22 cups salad  
6 non-starchy vegetable serves

### Dairy

17½ dairy serves

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