

CHOICE ITEMS

BREAKFAST

A	Flakes & Fibre Cereal
	Hazelnut & Almond Cereal
	Malty Grain
	Vegetable Omelette Wrap
B	Apple & Cinnamon Porridge
	Apple Cinnamon Oat Clusters
	Fruit Loaf
	Nut & Grain Chew
	Wholemeal Pancakes
C	Apple & Berry Brekkie Cup
	Caramelised Onion Fritters
	Cranberry & Vanilla Muesli
	Oat & Apricot Bar
D	Cheese & Chive Omelette*
	Cocoa Clusters
	Ham & Egg Muffin
	Toasted Berry Muesli

DINNER

A	Bean & Cheese Burrito
	Beef Pie*
	Creamy Vegetable Pappardelle*
	Macaroni Cheese
	Pumpkin & Fetta Rice Salad*
	Quiche Lorraine*
B	Vegetarian Chilli*
	Roast Chicken & Vegetables
	Chunky Vegetable Soup
	Lamb Moussaka
	Meatballs & Vegetables
C	Roasted Vegetable Pizza
	Beef & Vegetable Casserole
	Beef Lasagne
	Beef Pastie
	Dhal with Rice
	Chicken Fettuccine
	Nasi Goreng
Salmon Linguine	
D	Chicken Cacciatore
	Chicken Pad Thai
	Spinach & Ricotta Cannelloni
	Teriyaki Beef Noodles
	Vegetable Tikka Masala with Paneer Cheese
E	Butter Chicken
	Chicken Parmigiana
	Chicken Satay
	Cottage Pie
	Crumbed Fish & Wedges

LUNCH

A	Creamy Vegetable Soup
	Pumpkin Soup
B	Cheese & Chive Omelette*
	Spaghetti Bolognese
	Spinach & Fetta Roll
	Tuna Baked Potato
C	Vegetable Lasagne
	Beef Nachos
	Cheesy Baked Potato
	Ham & Cheese Toastie
	Pea & Ham Risotto
	Pesto Pasta Salad
D	Sausage Roll
	Vegetable Tortellini
	Beef Pie*
	Creamy Vegetable Pappardelle*
	Pumpkin & Fetta Rice Salad*
	Quiche Lorraine*
	Roasted Veggie All Round
Vegetarian Chilli*	

SNACK

A	Jenny Craig's Ice Cream Sundae
	Light & Tangy Veggie Crisps
	Melting Moment
	Panna Cotta
B	Choc Fudge Bikkie
	Oregano & Thyme Crunchies
	Sweet & Salty Popcorn
	White Chocolate Cranberry Cookie
C	Choc Chip Bites
	Nut & Cranberry Mix
	Salted Caramel Nut Bar
	Sticky Date Pudding
D	BBQ Bites
	Chocolate Pudding
	Mango Cheesecake
	Shortbread Bites
	Trio Spice Mix

* Interchangeable Item

jenny
CRAIG®

VEGETARIAN CHOICE ITEMS

BREAKFAST

A	Flakes & Fibre Cereal
	Hazelnut & Almond Cereal
	Malty Grain
	Vegetable Omelette Wrap
B	Apple & Cinnamon Porridge
	Apple Cinnamon Oat Clusters
	Fruit Loaf
	Nut & Grain Chew
	Wholemeal Pancakes
C	Apple & Berry Brekkie Cup
	Caramelised Onion Fritters
	Cranberry & Vanilla Muesli
	Oat & Apricot Bar
D	Cheese & Chive Omelette*
	Cocoa Clusters
	Toasted Berry Muesli

LUNCH

A	Creamy Vegetable Soup
	Pumpkin Soup
B	Cheese & Chive Omelette*
	Spinach & Fetta Roll
	Tuna Baked Potato*🐟
C	Vegetable Lasagne*
	Cheesy Baked Potato*
	Pesto Pasta Salad
	Roasted Veggie All Round
D	Vegetable Tortellini*
	Chunky Vegetable Soup*
	Creamy Vegetable Pappardelle*
	Pumpkin & Fetta Rice Salad*
	Vegetarian Chilli*

DINNER

A	Cheesy Baked Potato*
	Creamy Vegetable Pappardelle*
	Vegetable Lasagne*
	Vegetable Tortellini*
B	Bean & Cheese Burrito
	Chunky Vegetable Soup*
	Macaroni Cheese
	Pumpkin & Fetta Rice Salad*
C	Vegetarian Chilli*
	Crumbed Fish & Wedges 🐟
	Dhal with Rice
	Nasi Goreng
	Roasted Vegetable Pizza
	Salmon Linguine 🐟
	Spinach & Ricotta Cannelloni
	Vegetable Tikka Masala with Paneer Cheese

SNACK

A	Jenny Craig's Ice Cream Sundae
	Light & Tangy Veggie Crisps
	Melting Moment
B	Panna Cotta^
	Choc Fudge Bikkie
	Oregano & Thyme Crunchies
	Sweet & Salty Popcorn
C	White Chocolate Cranberry Cookie
	Choc Chip Bites
	Nut & Cranberry Mix
D	Salted Caramel Nut Bar
	Sticky Date Pudding
	BBQ Bites
	Chocolate Pudding
	Mango Cheesecake^
	Shortbread Bites
Trio Spice Mix	

* Interchangeable Item

🐟 Fish exchange

^ Contains gelatine