

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFASTS	Cheesy Creamed Corn on Soy & Linseed Toast	Apricot Muesli Breakfast	Baked Beans on Soy & Linseed Toast	Classic Fruit Muesli with skim milk~ Grain Toast with Marmalade	Toasted Multigrain Muffin with Egg and Tomato	Fruit n Bran cereal with skim milk~ Grain Toast with Apricot Jam	Ham, Tomato & Cheese Omelette Green Apple
MORNING SNACK	Seasonal Fruit	Fruit Cup, Peach	Fruit Salad	Orange	Kiwifruit	Red Apple	Greek Style Forest Berry Yoghurt
LUNCHES	Chicken Tenders with Salad on a Soy & Linseed Roll Orange	Asian Dim Sims Melon Fruit	Savoury Mince Rice Bowl Red Apple	Chick Pea Lentil Salad with Smoked Pork Loin Seasonal Fruit	Balsamic Roasted Mushroom Salad with Creamy Fetta Dressing and a Sour Dough Roll Green Apple	Smoked Chicken and Tomato on a long Grain Roll Orange	Fettucini Bolognaise Fruit Cup, Pear
AFTERNOON SNACKS	Apple & Sultana Pancake	Sultana Roll with Butter	Light Fruit Cake	Spicy Fruit Biscuits	Muesli Bar	Apple & Cranberry Muffin	Crosstini & Pate
DINNERS (SUPPLIED FROZEN)	18. Roast Chicken	50. Sausages & Onion Gravy	83. Rigatoni	125. Honey Soy Chicken	124. Beef with Satay Sauce	2. Crumbed Filet of Fish	147. Creamy Chicken &