

<b>BREAKFAST</b>	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<b>1000 CAL</b>	Cereal + Skim Milk	Cereal + Skim Milk	Crumpets & Spread	Multigrain Bread & Creamed Corn	Cereal + Skim Milk	Muffin & Spread	Cereal + Skim Milk
<b>1200 CAL</b>	As above	As Above	As Above	As Above	As Above	As Above	As Above
<b>1500 CAL</b>	<b>Plus</b>	<b>Plus</b>		<b>Plus</b>	<b>Plus</b>	<b>Plus</b>	<b>Plus</b>
<b>1800 CAL</b>	1 Raisin Bread & Butter Spread	Baked Beans & Muffin		1 Toast	1 Raisin Bread & Butter Spread	1 Toast	1 Raisin Bread & Butter Spread
<b>2100 CAL</b>							
<b>Morning Snack</b>	1 Piece of Fruit	1 Piece of Fruit	1 Piece of Fruit	1 Piece of Fruit	1 Piece of Fruit	1 Piece of Fruit	1 Piece of Fruit
<b>1000 &amp; 1200 CAL</b>							
<b>1500 CAL</b>	As Above + 1 Pkt Biscuits	As Above + Tropical Temptation	As Above + 1 Pkt Biscuits	As Above + Healthy Nut Bar	As Above + 1 Pkt Biscuits	As Above + Trail Mix	As Above + 1 Pkt Peanuts
<b>1800 CAL &amp; 2100 CAL</b>	As per 1500 + fruit	As per 1500 + fruit	As per 1500 + fruit	As per 1500 + fruit	As per 1500 + fruit	As per 1500 + fruit	As per 1500 + fruit
<b>LUNCHES</b>	Egg & Salad with Multigrain bread	Spinach wrap with chicken & mayo.	Pocket bread with meat & small salad container	Beef Lasagne Snack Meal & Fruit	Pumpkin Soup & Wholemeal Bread Roll <b>HOT LUNCH</b>	Knot Roll , Meat , Tomato & Fruit	Yoghurt, Vita – Weat, biscuits , cheese,tomato, & pickles
<b>Afternoon Snacks 1000 CAL</b>	Roasted Peanuts	1 Biscuit	Healthy Bar	1 Biscuit	1 Biscuit	1 Biscuit	Trail Mix
<b>1200 CAL</b>	1 packet of peanuts	1 Slice of cake	Healthy Bar	1 Muffin	Tropical Temptation	1 Pkt of Ryvita & Spread	Trail Mix
<b>1500 CAL</b>	As per 1200 + 1 piece of fruit	As per 1200 + 1 piece of fruit	As per 1200 + 1 piece of fruit	As per 1200 + 1 piece of fruit	As per 1200 + 1 piece of fruit	As per 1200 + 1 piece of fruit	As per 1200 + 1 piece of fruit
<b>1800 CAL</b>	As above + dry snack	As above + dry snack	As above + dry snack	As above + dry snack	As above + dry snack	As above + dry snack	As above + dry snack
<b>2100 CAL</b>	As per 1800 + 1 raisin bread & wholemeal bread	As per 1800 + 1 raisin bread & wholemeal bread	As per 1800 + 1 raisin bread & wholemeal bread	As per 1800 + 1 raisin bread & wholemeal bread	As per 1800 + 1 raisin bread & wholemeal bread	As per 1800 + 1 raisin bread & wholemeal bread	As per 1800 + 1 raisin bread & wholemeal bread
<b>DINNERS</b>	1 Dinner Each Evening <b>** COOK AS DIRECTED ON DINNER CONTAINERS **</b>						

**N.B.** Customers to supply own low fat or skim milk, which is 300mls per day. Lunch items marked with a **RED DOT** should be kept **FROZEN**. All remaining lunch items are to be refrigerated, excluding fruit. Bread products are best kept **FROZEN**. **N.B. In cold weather soup & roll may replace one of the above lunches. Product items may vary due to availability. N.B. ALL PRODUCTS MAY CONTAIN NUTS. WE RESERVE THE RIGHT TO SUBSTITUTE MEALS IF MEALS ARE NOT IN STOCK**

**CANCELLATIONS MUST BE MADE BY PHONE AT LEAST 48HRS PRIOR TO DELIVERY DAY**