

BREAKFAST	DAY 1	DAY 2 HOT	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1000 CAL	Cereal + Skim Milk	Spaghetti &w/Meal Bread	Crumpets & Spread	2 Raisin Bread & Butter	Cereal + Skim Milk	Spinach & Fetta Omelette	Cereal + Skim Milk
1200 CAL 1500 CAL 1800 CAL 2100 CAL	As above Plus 1 Raisin Bread & Butter	As Above Plus 1 Toast	As Above	As Above Plus Raisin Toast	As Above Plus Raisin Bread	As Above Plus Toast	As Above Plus 1 Raisin Bread & Butter
Morning Snack 1000 & 1200 CAL	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
1500 cal 1800cal 2100 cal	As Above + 1 Pkt Biscuits	As Above + 1 Pkt Roasted Peanuts	As Above + 1 Pkt Biscuits	As Above + 1 Pkt Trail Mix	As Above + 1 Pkt Biscuits	As Above + 1 Pkt Trail Mix	As Above + 1 Pkt Biscuits
1800cal & 2100 cal	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
LUNCHES	Chicken Strips & salad in a rolled spinach wrap	Ham & Cheese Pattie & Salad	Pocket bread, meat & small salad container	Minestrone Soup HOT LUNCH	Snack Size Meal "HOT LUNCH "	Healthy Hamburger with cheese, and tomato relish	Wholemeal bread, curried egg, yoghurt & fruit
Afternoon Snacks 1000 CAL	1 Healthy Nut Bar	1 Biscuit	Tropical Temptation Pack	1 Biscuit	Trail Mix	1 Biscuit	Tropical Temptation
1200 CAL	1 Healthy Nut Bar	1 Slice of cake	Tropical Temptation Pack	1 Muffin	Trail Mix	1 Pkt of Ryvita & Spread	Tropical Temptation
1500 CAL	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
1800 CAL	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
2100 CAL	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
DINNERS	1 Dinner Each Evening ** COOK AS DIRECTED ON DINNER CONTAINERS **						

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