

<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	Baked Beans & W/Meal Toast	Crumpets & Butter Spread	2 Raisin Bread & Butter Spread	Cereal + Skim Milk	Muffin & Butter 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	Toast		Breakfast Boat	1 Raisin Bread & Butter	1 Toast	Ham & Cheese Fritter
<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 +Roasted Peanuts	As Above + 1 Pkt Biscuits	As Above Trail mix	As Above + 1 Pkt Biscuits
<b>1800 CAL &amp; 2100 CAL</b>	As per 1500 Cal + 1 fruit	As per 1500 Cal + 1 fruit	As per 1500 Cal + 1 fruit	As per 1500 Cal + 1 fruit	As per 1500 Cal + 1 fruit	As per 1500 Cal + 1 fruit	As per 1500 Cal + 1 fruit
<b>LUNCHES</b>	Meat & Salad plus bread	<b>Chicken Burrito</b>	Pocket bread, egg mayo & small salad container	Snack sized Meat & Potato Pie& fruit <b>"HOT LUNCH"</b>	Muffin, butter, cheese, cranberry jelly, pineapple & fruit <b>"HOT LUNCH"</b>	Knot Roll, chicken, mayonnaise & fruit	Vita-weat biscuits, cheese, tomato, pickles & yoghurt
<b>Afternoon Snacks 1000 CAL</b>	Healthy Nut Bar	1 Biscuit	Roasted Peanuts	1 Biscuit	Trail Mix	1 Biscuit	Tropical Temptation
<b>1200 CAL</b>	Healthy Nut Bar	1 Slice of cake	Roasted Peanuts	1 Muffin	Trail Mix	1 Pkt of Ryvita & Spread	Tropical Temptation
<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**