

BREAKFAST 1000 CAL	DAY 1 Cereal + Skim Milk	DAY 2 Cereal + Skim Milk	DAY 3 Crumpets & Butter Spread	DAY 4 English Muffin & Spread	DAY 5 Cereal + Skim Milk	DAY 6 Toast & Spaghetti	DAY 7 Cereal + Skim Milk
1200 CAL 1500 CAL 1800 CAL 2100 CAL	As above Plus Muffin Cottage Cheese & Tomato	As Above Plus 1 Raisin Bread & Butter Spread	As Above	As Above Plus 1 Toast	As Above Plus Omelette	Plus 1 Toast	As Above Plus Breakfast Boat
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	As Above + 1 Pkt Biscuits	As Above + 1 Pkt Ryvita & Spread	As Above + 1 Pkt Biscuits	As Above + Trail Mix	As Above + Peanuts	As Above + 1 Pkt Biscuits	As Above + Tropical Temptation
1800 CAL & 2100 CAL	As per 1500 cal + fruit	As per 1500 cal + fruit	As per 1500 cal + fruit	As per 1500 cal + fruit	As per 1500 cal + fruit	As per 1500 cal + fruit	As per 1500 cal + fruit
LUNCHES	Tuna & Long wholemeal roll	Regular salad container with chicken strips	Pocket bread, meat, relish & small salad container	Snack Meal HOT LUNCH	Chicken Burrito "HOT LUNCH"	Wholemeal Roll & Chicken Mayo Plus Fruit	Crispbread, egg, mayonnaise, gherkin, yoghurt & fruit
Afternoon Snacks 1000 CAL	1 Biscuit	1 Sunshine Mix	1 Biscuit	1 packet of Ryvita & Spread	1 pkt Trail Mix	1 Biscuit	1 Tropical Temptation
1200 CAL	1 Pkt Tropical Temptation Mix	1 Slice of cake	1 Muffin	1 Sunshine Mix	1 Special Blend Trail Mix	1 Pkt of Ryvita & Spread	1 Sunshine Mix
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