

<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	Toast and Baked Beans	<b>OMELETTE</b>	2 Raisin Bread & Butter Spread	Cereal + Skim Milk	Muffin & Butter Spread	Cereal + Skim Milk
<b>1200 CAL</b> <b>1500 CAL</b> <b>1800 CAL</b> <b>2100 CAL</b>	As above <b>Plus</b> 1 Raisin Bread & Butter Spread	As Above <b>Plus</b> 1 Toast	As Above Plus ! Toast	As Above <b>Plus</b> 1 Raisin Bread	As Above Breakfast Boat	As Above <b>Plus</b> 1 Toast	As Above <b>Plus</b> 1 Raisin Bread & Butter Spread
<b>Morning Snack</b> 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
<b>1500 CAL</b>	As Above + 1 Pkt Biscuits	Sunshine Mix	As Above + 1 Pkt Roasted Peanuts	As Above + 1 Pkt Biscuits	As Above + 1 Healthy Bar	As Above + 1 Pkt Biscuits	As above & 1 Pkt Trail Mix
<b>1800 cal &amp; 2100 cal</b>	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
<b>LUNCHES</b>	Meat & salad sandwich	Regular salad with boiled egg	Pocket bread, cheese, small salad container & pineapple	Vita-weat biscuits,cheese, tomato,pickles & yoghurt	Fried Rice <b>"HOT LUNCH"</b>	Spaghetti Bolognaise & fruit <b>"HOT LUNCH"</b>	Bread roll, chicken & Mayo, tomato & fruit
<b>Afternoon Snacks 1000 CAL</b>	1 Biscuit	1 Pkt Peanuts	1 Biscuit	1 Healthy Nut Bar	1 Biscuit	1 Biscuit	1 Trail Mix
<b>1200 CAL</b>	Sunshine Mix	1 Slice of cake	1 packet of Roasted peanuts	1 Pkt Trail Mix	1 Pkt Biscuit & spread	1 Healthy Bar	1 Apple muffin
<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**