

Week One Menu Plan

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|--|--|--|--|--|--|---|
| Breakfast | Porridge + milk 1 slice cheese grilled on toast with scrape marg. | 2 slices toast with scrape marg. and spread 1 tub yoghurt | 2 slices toast with scrape marg., sliced tomato and basil (S+P) 1 cup milk | ½ cup muesli with sliced fruit + milk 1 tub yoghurt | 2 slices toast with scrape marg. and spread milkshake | Cereal and milk 1 slices toast scrape marg. grilled tomatoes cheese | 1 slice toast with scrape marg. and ½ cup baked beans 1 cup milk |
| Morning Tea | 4 Vita Weat™ biscuits + scrape marg. + vegemite | ½ rd sandwich | ½ cup fruit salad ½ tub yoghurt | Dip and 4 Vita Weat™ biscuits | ½ cup fruit salad yoghurt | ½ rd sandwich | Fruit smoothie with ½ tub yoghurt |
| Lunch | 1 rd tuna and salad sandwich 1 piece fruit | Pasta with tomato topping + cheese Salad 1 piece fruit | 1 rd tuna and salad s/w 1 piece fruit | Scrambled eggs with 2 slices toast 1 piece fruit | Low fat noodles Stirred with cooked frozen vegetables + Tofu 1 piece fruit | Thick Soup with pasta or lentils and bread roll with marg. 1 piece fruit | Egg and salad sandwich 1 piece fruit |
| Afternoon Tea | 1 piece fruit ½ tub yoghurt | Fruit smoothie with ½ tub yoghurt | 4 Vita Weat™ biscuits + scrape marg. + sliced tomato | 1 piece fruit ½ tub yoghurt | 1 slice raisin toast with marg. | 1 piece fruit yoghurt | Soup and 1 slice toast |
| Dinner | Meat sauce with ½ cup of pasta Salad ½ tub Yoghurt + fruit | Grilled fish Jacket potato Vegetables Fruit salad and lite ice-cream | Stir fry chicken and vegetables Noodles 1 piece fruit | BBQ steak Jacket potato Vegetables Custard Unsweet fruit | Home-made Pizza with vegetables, lean meat/cheese Salad 1 piece fruit | Fish mornay using low fat milk + rice Vegetables Unsweet fruit | Roast lamb Sweet potato Vegetables Fruit salad and lite ice-cream |
| Supper | 1 slice raisin toast 1 small all milk hot drink | Cereal and milk | 1 slice raisin toast 1 small all milk hot drink | 1 slice toast with cheese | 4 Vita Weat™ biscuits/vegemite 1 small all milk hot drink | Cereal and milk | 4 Vita Weat™ biscuits and cheese |

Week Two Menu Plan

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|--|---|---|--|--|--|---|
| Breakfast | Cereal & low fat milk 1 slice of wholegrain toast with a scrape of marg. & spread | Poached egg with tomato, mushroom 2 slices toast with scrape marg. Small glass low fat milk | Banana Pancakes 1 glass low fat milk | ½ cup baked beans 1 grilled tomato 1 slice of toast with a scrape of marg. 1 glass low fat milk | Natural muesli with 1/2 cup milk & yoghurt | 2 slices toast & scrape marg. with mushrooms and cherry tomatoes 1 glass low fat milk | Scrambled egg on 1 slice toast with a scrape of marg. and 1/2 cup baked beans 1 glass milk |
| Morning Tea | 1 slice raisin toast with scrape of marg. | Vegetable sticks & low fat cottage cheese 4 crackers (Vita Weat™ biscuits) | White bean dip and 2 Vita Weat™ biscuits | 1 toast bruschetta 1 pear | Fruit Smoothie | White bean dip, vegetable sticks and 2 Vita Weat™ biscuits | 1 piece of fruit and low fat yoghurt |
| Lunch | Tuna & pasta salad 1 piece fruit | Minestrone soup 1 slice toast 1 piece fruit | Stuffed potato Side salad 1 piece fruit | Cheese & salad roll Fruit salad | Curried egg & lettuce sandwich Side Salad | Salmon Patties with salad 1 piece fruit | Thai noodle salad with chicken or beef. Fruit salad |
| Afternoon Tea | Fruit Smoothie | Low fat yoghurt | Pumpkin soup | Fruit Smoothie | Vegetable Soup | Low fat fruit yoghurt | 4 Vita Weat™ biscuits & 20 g low fat cheese |
| Dinner | Mexican Bean Wraps Stewed fruit & low fat custard | Beef & veg kebabs with rice & salad Baked apple | Grilled chicken Small jacket potato Vegetables Stewed fruit & lite ice-cream | Lemon pepper fish parcels with roast sweet potato, vegetables Grilled pineapple & yoghurt | Lamb shank casserole with potato 1 piece fruit | Chicken burger with salad Fruit salad | Shepherd's pie Vegetables Jellied fruit & lite ice-cream |
| Supper | Low fat fruit yoghurt | 1 slice raisin toast & scrape of marg. Hot milk drink | Low fat fruit yoghurt | 2 Corn thins, cottage cheese tomato & cucumber | 1 wholegrain toast & scrape marg. & spread hot milk drink | Cereal & milk | Hot milk drink 1 slice raisin toast |