

	bkft food	snack	lunch	dinner	extras
week1	sultana bran FD apple FD porridge FD muesli x Use mashed potato to thicken if too much water is added to main meals There are two servings of potato a week -hash, mash	soup le snak choco gingernut gum instant noodle muesli bar fruit cake fruit fruit fruit soup licoric le snak raisin nuts muesli bar gum gingernut bis choc chip cashew kitkat noodles gingernut digestive cashew raisin nut soup le snak kitkat muesli bar gum candy lollies noodles	mac cheese satay beef pp pp chick udon noodle baked beans tuna salmon fresh meal fresh meal xx mac cheese satay beef pp pp chick chili bean tuna salmon pasta mea dol pasta dol tom sc xx xx mac cheese satay beef pp pp chick Un Ben rice tuna salmon dol pasta dol mush sc Can Irish stew xx xx mac cheese satay beef pp pp chick tuna salmon can steak oinon dol pasta dol tom sc pasta mea xx	beef curry lamb fettucine Rt chick Apricot chk tika chick fresh meal fresh meal hash potato mash potato veges mixed s/s lamb Apricot chk Thai chicken spag bol tika chick honey soy ck Satay beef PP hash potato mash potato vege vege pp chk pasta Baboyjie Rt lamb mexican chick Country beef tika chick teriaki beef hash potato mash potato vege vege Satay beef PP pp lamb spag bol Baboyjie tika chick Thai chicken honey soy ck hash potato mash potato vege	jerky cordial jerky tea bags cheese spread juice conc loaf bread skim milk tea baga jerky jerky jerky juice conc cordial skim milk full milk pwd milo loaf bread prune milkshake cordial juice conc jerky jerky jerky loaf bread full milk pwd milo juice conc jerky jerky jerky
week 3	Apricot FD Strawberry FD cornflakes FD muesli FD porridge x x x x x x x	gingernut bis choc chip cashew kitkat noodles gingernut digestive cashew raisin nut soup le snak kitkat muesli bar gum candy lollies noodles gingernut wheaten choco soup noodles raisin nuts choco bar choc cashew muesli bar candy lollies			
week 2	Scrambled egg porridge cooked bkft FD apple xx porridge use 120g or 1/2 c with hot water to make, add honey, dates x x x				
week 4	lightntasty FD porridge Scrambled egg FD apple milkshake x Use cheese sauce, gravy to alter flavour of main meals x				