



Sample Meal Plan Menu

SUNDAY:

- **Breakfast** = omelette / pancake + always offer whole or sliced fruit / yogurt / cereal / bread / coffee / tea / juice
- **Lunch** = stuffed peppers / potato / vegetable / yogurt or fruit- veg option available – choice of beverage including water
- **Dinner** = pesto chicken w rice / salad / dessert – choice of beverage including water

MONDAY:

- **Breakfast** = frittata / potato + always offer whole or sliced fruit / yogurt / cereal / bread / coffee / tea / juice
- **Lunch*** = beef penne / salad / bread roll / yogurt or fruit – veg option available – choice of beverage including water
- **Dinner** = chicken pot pie / salad / bread / yogurt or fruit – choice of beverage including water

TUESDAY:

- **Breakfast** = scrambled egg / waffle + always offer whole or sliced fruit / yogurt / cereal / bread / coffee / tea / juice
- **Lunch** = daily soup/ assorted sandwich / vegetables / yogurt or fruit – choice of beverage including water
- **Dinner** = pork loin / potato / vegetable / yogurt or fruit - veg option available – choice of beverage including water

WEDNESDAY:

- **Breakfast** = omelette / ham / potato + always offer whole or sliced fruit / yogurt / cereal / bread / coffee / tea / juice
- **Lunch** = meat lasagna / salad / yogurt or fruit - veg option available – choice of beverage **including** water
- **Dinner** = chicken stir fry/ rice / baked spring roll / dessert - veg option available – choice of beverage including water



THURSDAY:

- **Breakfast** = frittata / french toast + always offer whole or sliced fruit / yogurt / cereal / bread / coffee / tea / juice
- **Lunch** = chicken chilli / salad / bread roll / yogurt or fruit – choice of beverage including water
- **Dinner** = hamburger w fries / coleslaw / yogurt or fruit – choice of beverage including water

FRIDAY:

- **Breakfast** = scrambled egg / bacon / potato + always offer whole or sliced fruit / yogurt / cereal / bread / coffee / tea / juice
- **Lunch** = spaghetti and meat sauce / salad / yogurt or fruit – choice of beverage including water
- **Dinner** = roast beef or salmon / mashed potato / vegetable / yogurt or fruit - veg option available – choice of beverage including water

SATURDAY:

- **Breakfast** = omelette / pancake + always offer whole or sliced fruit / yogurt / cereal / bread / coffee / tea / juice
- **Lunch** = roasted chicken w rice / vegetables / yogurt or fruit – choice of beverage including water
- **Dinner** = BBQ pork ribs / potato / steamed broccoli / dessert* – choice of beverage including water