

SAMPLE	Meal Plan :	Monday	Tuesday	Wednesday	Thursday
7:00AM	Breakfast		Continental	Continental	Continental
	Lunch		Chicken Salad	Ham & Egg	Egg
			Roast Meet & Relish	Salami, Relish, Cheese	Ham Salad
			Apple/Orange/Banana	Apple/Orange/Banana	Apple/Orange/Banana
			Snack Bar	Snack Bar	Snack Bar
			Cookies	Cookies	Cookies
6:00PM	Dinner	Roast	Spaghetti Bolognaise	Honey Soy Chicken	
	Meat:	Pork / Beef	Mince	Chicken	
	Starch:	Gormet Potatoes	Spaghetti	Par Boiled Rice	
		Garlic Bread	Garlic Bread	Garlic Bread	
	Veg:	Carrots	Beans	Mixed Veg	
		Brocoli	Carrots	Cabbage	
		Cauliflour	Peas	Cauliflour	
		Pumpkin	Corn	Peas	
	Sauce:	Gravy	Tomato Pasta Sauce	Honey Soy Sauce	
7:00PM	Dessert:	Apple Crumble	Fruit Sponge	Chocolate Pudding	
		Icecream	Icecream	Icecream	