

Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain or wholemeal with cheese/tomato/spinach toast OR Cereal with choice of milk, soy milk, yogurt				
Morning Tea	Cheese with Multigrain crackers served with three fruits	Muesli served with yogurt and fruit salad	Hommus canapé serve with vegetable sticks and three fruits	Fruit toast serve low fat cream cheese and three fruits	Oat porridge served with fruit salad
Lunch	Homemade beef Burger Serve with oven baked zucchini chips	Baked fish with homemade cream sauce Serve with roasted vegetable and garlic bread	Whole-Grain Spaghetti Beef Bolognese Serve with parmesan cheese	Teriyaki Tofu Steak Serve with vegetarian multigrain fried rice (broccoli, carrot, baby corn, onion and egg).	Cornflakes crumbed chicken fillet Serve with mashed potatoes and roasted vegetables
Afternoon Tea	Vegetable sticks and homemade hommus dip	Banana pikelets served yogurt and fruits	Homemade carrot cake served with fruit and milk	Homemade Cereal Balls and fruits	Homemade fruit yogurt ice-pole
Late snack	Combination of fruits, toasts, cheese, multigrain crackers and milk are offered.				
Serving Portions: Protein: Red Meat 50 g, Pork/Poultry 50 g, Fish 60 g., Cooked Legume 85 g., Egg 1 whole, Tofu 85 g. Fruit and Vegetable: 75 g Daily: Milk/Soy Milk 100 mL, yogurt 85 g, custard 100 g, cheese 15 g (hard cheese) or 50 g (ricotta) Grain (cereals) food: Bread 1 slice, ½ roll, 30 g dry rice/pasta/noodles/couscous, 35 g flour, 30g crispbread					

Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain or wholemeal with cheese/tomato/spinach toast OR Cereal with choice of milk, soy milk, yogurt				
Morning Tea	Tomato and cheese sandwich serve with three fruits	Cheese with Multigrain crackers served with three fruits	Pikelets serve with three fruit	Yogurt serve with fruit salads and cheese crackers	Homemade tomato salsa canapé serve with three fruits
Lunch	Roasted Chicken with Gravy Serve with mashed potato and roasted vegetable	Japanese style beef curry Serve with multigrain rice	Corn fritters Serve with tzatziki sauce (yogurt sauce) and multigrain salad	Beef Bulgoki (Korean style stirred fried beef with mixed vegetable) Served with multigrain rice	Tuna Mornay Whole-Grain Pasta Bake Served with roasted vegetable
Afternoon Tea	Yogurt and Fruit salad	Homemade Fruit jello	Spinach and cheese pancake	Fruit toast serve low fat cream cheese and three fruits	Banana and Oat flourless pancake serve with fruits
Late snack	Combination of fruits, toasts, cheese, multigrain crackers and milk are offered.				
Serving Portions: Protein: Red Meat 50 g, Pork/Poultry 50 g, Fish 60 g., Cooked Legume 85 g., Egg 1 whole, Tofu 85 g. Fruit and Vegetable: 75 g Daily: Milk/Soy Milk 100 mL, yogurt 85 g, custard 100 g, cheese 15 g (hard cheese) or 50 g (ricotta) Grain (cereals) food: Bread 1 slice, ½ roll, 30 g dry rice/pasta/noodles/couscous, 35 g flour, 30g crispbread					

Colour code:

Yellow – Poultry

Orange – Red meat

Blue – Fish/Seafood

Green - Vegetarian