

## Trim-A-Weigh menu for breakfasts and lunches

<b>WEEK A</b>	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<b>BREAKFAST</b> DATES : 20 Dec 18 Jan 15 Feb	Sultana bran, 1 m/grain Bread, vegemite	Cheese, tomato, English muffin	Weetbix, 1 m/grain bread, jam	1 multigrain Bread, margarine p/c baked beans	Allbran, raisin bread, jam	Fresh egg, tomato, 1 m/grain bread	Sustain, 1 m/grain bread, jam
	7302	7332	7304	7310	7301	7321	7303
<b>MID- MORNING</b>	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b>	Quiche & salad Served with fresh garden Salad & balsamic	Sweet Chilli & Chicken wrap	Ham & cheese on M/grain roll with baby spinach & tomato	*Roast Lamb & Mint On multigrain roll	Cottage cheese Ryvita crackers, tomato	Yoghurt, Cheese & Spinach scroll	*vegetable lasagne
	Fresh fruit 8302	Fresh Fruit 8323	Fresh Fruit 8313	Fresh Fruit 8360	Fresh Fruit 8330	Fresh Fruit 8331	Fresh Fruit 8363
<b>AFTERNOON</b>	Cookie	Yoghurt	Cookie	Cheese & bisc	Nuts	Cheese & bisc	Muesli Bar
<b>Alternative Breakfasts:</b>	Muesli, fruit yoghurt 7305 Just right, 1 m/grain bread, jam 7307 Spaghetti, 1 m/grain bread, margarine p/c 7311			<b>Alternative Lunch:</b>	Chicken & Mayo on multigrain bread 8321 Beef Hamburger on m/grain roll, lettuce, tomato, tomato sauce 8312 * Spaghetti Bolognaise 8368		

<b>WEEK B</b>	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<b>DATES :</b> 27 Dec 25 Jan 22 Feb	Spaghetti, 1 m/grain bread ,margarine p/c	Sustain, 1 m/grain bread, Jam	Fresh egg, tomato, 1 m/grain bread	Cottage cheese, English muffin	Yoghurt, muesli bar	Sultana bran, 1 m/grain bread, vegemite	Cheese, tomato, English muffin
	7311	7303	7321	7340	7355	7302	7332
<b>MID- MORNING</b>	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
<b>LUNCH</b>	Turkey salad Served with pasta salad and Fresh garden salad	Chicken roll With baby spinach, tomato, Mayonnaise	Ham, cheese, dijon mustard on multigrain bread	Salmon, m/grain bread, tomato, mayo	*Meatballs in tomato sauce with pasta	*Cornbeef & Pickles On Multigrain roll	Cheese, fruit cake Ryvita biscuits, tomato
	Fresh fruit 8305	Fresh fruit 8310	Fresh fruit 8322	Fresh fruit 8340	Fresh fruit 8369	Fresh fruit 8370	Fresh fruit 8350
<b>AFTERNOON</b>	Cookie	Nuts	Cheese & bisc	Cookie	Cheese & bisc	Yoghurt	Muesli Bar
<b>Alternative Breakfasts:</b>	Weetbix, m/grain bread, jam 7304 Baked Beans, 1 m/grain bread, margarine 7310 Yoghurt, English muffin, philly cheese 7356			<b>Alternative Lunch:</b>	Cottage cheese,ryvita biscuit, tomato 8330 Vegetable Lasagne 8363* Chicken & Mayo on multigrain bread 8321		

WEEK C	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST DATES : 6 Dec 4 Jan 1 Feb	Fruit yoghurt, natural muesli	Justright 1 m/grain Bread, jam	Allbran, raisin bread, jam	English muffin, Cheese tomato	Baked Beans 1 m/grain bread margarine p/c	Fresh egg, tomato, 1 m/grain bread	Yoghurt, English muffin, philly cheese spread
	7305	7307	7301	7332	7310	7321	7356
MID- MORNING	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
LUNCH	Ham salad Served with pasta salad & fresh garden salad	Chicken & Corn Relish Wrap with spinach leaves & tomato	Turkey & Cranberry on multigrain bread	Yoghurt, cheese, tomato, roll	*Spaghetti Bolognese	*Roast Lamb & Mint On multigrain roll	Cottage cheese, ryvita biscuits, tomato
	Fresh fruit 8300	Fresh fruit 8316	Fresh fruit 8324	Fresh fruit 8333	Fresh fruit 8368	Fresh fruit 8360	Fresh fruit 8330
AFTERNOON	Muesli Bar	Yoghurt	Cookie	Cheese & bisc	Cheese & bisc	Nuts	Cookie
Alternative Breakfasts:	Sultana bran, 1 m/grain bread, vegemite 7302 Spaghetti, 1 m/grain bread, margarine p/c 7311 Sustain, 1 m/grain bread , jam 7303			Alternative Lunch:	Ham, cheese, Dijon mustard on multigrain bread 8322 *Corn Beef & pickle roll 8370 Beef Hamburger on m/grain roll, lettuce, tomato, tomato sauce 8312		

WEEK D	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST DATES : 13 Dec 11 Jan 8 Feb	1 multigrain Bread, spaghetti, Margarine p/c	Weetbix, 1 m/grain bread, Jam	Yogurt, raisin bread, jam	Fresh egg, tomato, 1 m/grain bread	Sustain, 1 m/grain Bread, jam	Sultana bran, 1 m/grain bread, vegemite	English muffin, Cheese, tomato
	7311	7304	7350	7321	7303	7302	7331
MID- MORNING	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
LUNCH	Chicken Caesar Salad with croutons	Cheese & salad roll, Sundried tomato pesto, lettuce, carrot sprouts	Ham cheese & Dijon mustard on multigrain bread	*Roast pork & apple On multigrain roll	Tuna, Pocket Bread, tomato, Mayonnaise	*Cornbeef & Pickles On Multigrain roll	Hardboiled egg, roll, tomato, mayo
	Fresh fruit 8306	Fresh fruit 8311	Fresh fruit 8322	Fresh fruit 8372	Fresh fruit 8341	Fresh fruit 8370	Fresh fruit 8355
AFTERNOON	Muesli bar	Yogurt	Bisc & cheese	Cookie	Bisc & cheese	Nuts	Cookie
Alternative Breakfasts:	Yoghurt, natural muesli 7305 Baked Beans, 1 m/grain bread marg p/c 7310 English muffin, cottage cheese 7340			Alternative Lunch:	Beef Hamburger on m/grain roll, lettuce, tomato, tomato sauce 8312 Sweet chilli & Chicken wrap 8323 *Vegetable Lasagne 8363		