

SAMPLE WEEKLY MENU

28 DIETITIAN DESIGNED MENU ITEMS INCLUDING BREAKFAST, LUNCH, DINNER AND SNACKS FOR 7 DAYS*

BREAKFAST

DAY 1



Malty grain

DAY 2



Nut, Seed & Vanilla Bar

DAY 3



Toasted Berry Muesli

DAY 4



Ham & Egg Muffin

DAY 5



Flakes & Fibre Cereal

DAY 6



Waffles

DAY 7



Wholemeal Pancakes

LUNCH



Beef Pie



Vegetable Tortellini



Spaghetti Bolognese



Tuna Baked Potato



Ham & Cheese Toastie



Pumpkin Soup



Roasted Veggie All Round

DINNER



Chicken Fettuccine



Cottage Pie



Chicken Satay



Beef Pastie



Lamb Moussaka



Chicken Parmigiana



Quiche Lorraine

SNACK



Salted Caramel Nut Bar



Oregano & Thyme Crunchies



White Chocolate Cranberry Cookie



Choc Chip Bites



Light & Tangy Veggie Crisps



Sticky Date Pudding



BBQ Bites

*Images shown are serving suggestions only