

Meal Plan – Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal - All Bran	Flavour Burst Bowl	Ham, Cheese and Rocket Crisp breads	Breakfast in a Hurry	Quick Oat Power Porridge (DF)	Asian Mushroom Omelette	Peach, Ricotta & Blackberry Sourdough
Morning Snack choose something from the Healthy Snack List	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice
Lunch	Tomato & Chicken Baguette	Open Topped Crunchy Tuna Sandwich	Feta Stuffed Capsicums	Macadamia Barramundi with Baked Sweet Potato (re-heat well)	Creamy Broccoli Soup with Oat Cakes (large serving)	Turkey Pasta Waldorf Salad (DF, GF)	Poached Egg Florentine
Afternoon Snack choose something from the Healthy Snack List	Your choice	Your choice	Your choice	Your choice	Your choice	Vanilla Fruit Parfait	Your choice
Dinner	Spicy Cayenne Chicken with Chickpea Salad	Feta Stuffed Capsicums (cook double for lunch tomorrow)	Macadamia Barramundi with Baked Sweet Potato (cook double for lunch tomorrow)	Creamy Broccoli Soup with Oat Cakes (cook double for lunch tomorrow)	Tuscan Tuna and White Bean Salad	Seared Salmon with Honey, Chilli, Ginger & Soy	Kangaroo Fillets with Roasted Baby Beetroot & Garlic Potato Mash (cook double for lunch tomorrow)

D = dairy free, GF = gluten free, V = vegetarian

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