

Week 1a – Recipe plan

	Breakfast	Morning Tea	Lunch	Afternoon Tea	Dietary intake
Monday	Cereal with frozen berries and milk	Hummus with crisp breads + ½ Cup milk	Beef lasagne	Pepita coconut fruit balls	F: 1.5 V: 2.5 G: 2.75 L: 0.75 D: 1.5
Tuesday	Mexican vegetable quesadilla	Spiced seasonal fruit salad + ½ Cup milk	Falafel, hummus and tabouli salad	Cheese and crackers	F: 1.5 V: 2.25 G: 2.5 L: 0.75 D: 2
Wednesday	Tomato, basil, bocconcini bruschetta	Oats, crushed soft roasted spiced chickpeas and dried fruit trail mix + ½ Cup milk	Butter chicken with mango salsa and rice	Banana split with vanilla ricotta, oats and pepitas	F: 1.75 V: 2.75 G: 3 L: 0.75 D: 1.75
Thursday	Weet-Bix with banana	Raisin toast topped with fresh banana and ricotta + ½ Cup milk	Slow cooked pork tacos with pineapple salsa and coleslaw	Pumpkin and fetta muffins	F: 1.5 V: 2 G: 3.25 L: 0.75 D: 1.75
Friday	Mixed berry smoothie bowl with granola	Margarita pizza + ½ Cup milk	Cumin spiced Chicken Breast with vegetable cous cous salad	Apple, sultana and oat biscuits	F: 1.5 V: 2 G: 3 L: 1.25 D: 1.75

Week 2a – Recipe plan

	Breakfast	Morning Tea	Lunch	Afternoon Tea	Dietary intake
Monday	Weet-Bix with banana	Raspberry and ricotta muffins + ½ Cup milk	chicken and sweet potato pattie with zucchini salad	Roasted seasonal fruit with natural yoghurt and granola	F: 1.5 V: 2.5 G: 2.75 L: 0.75 D: 1
Tuesday	Crumpets with frozen berries, vanilla ricotta	Spiced seasonal fruit salad + ½ Cup milk	Veggi chilli with flat bread	Sweet potato and ham scroll	F: 1.5 V: 2 G: 3 L: 0.75 D: 1.75
Wednesday	Oat and chia breakfast pudding	Natural yoghurt with frozen berries + ½ Cup milk	chicken and broccoli pasta	Chocolate and beetroot brownie	F: 1.5 V: 2 G: 2.25 L: 0.75 D: 1.5
Thursday	Natural yoghurt, berries and granola	Roasted sweet potato dip with flat bread + ½ Cup milk	Beef San Choy Bau	Raspberry bombs	F: 1.75 V: 3 G: 2.25 L: 0.75 D: 1
Friday	Breakfast burrito	Oat and chia breakfast pudding + ½ Cup milk	Chicken Pad Thai	Frozen banana yoghurt with toasted coconut and seeds	F: 1.75 V: 3.75 G: 3 L: 1.5 D: 0.75

Week 1b – Recipe plan

	Breakfast	Morning Tea	Lunch	Afternoon Tea	Dietary intake
Monday	Tomato, basil, bocconcini bruschetta	oats, crushed roasted spiced chickpeas and dried fruit trail mix + ½ Cup milk	Butter chicken with mango salsa and rice	Banana split with vanilla ricotta, popcorn and pepitas	F: 1.75 V: 2.75 G: 3 L: 0.75 D: 1.75
Tuesday	Weet-Bix with banana	Raisin toast topped with fresh banana and ricotta + ½ Cup milk	Slow cooked pork tacos with pineapple salsa and coleslaw	Pumpkin and fetta muffins	F: 1.5 V: 2 G: 3.25 L: 0.75 D: 1.75
Wednesday	Mixed berry smoothie bowl with granola	Margarita pizza bread + ½ Cup milk	Cumin spiced pork with vegetable cous cous salad	Apple, sultana and oat biscuits	F: 1.5 V: 2 G: 3 L: 1.25 D: 1.75
Thursday	Weet-Bix with banana	Raspberry and ricotta muffins + ½ Cup milk	Chicken and sweet potato pattie with zucchini salad	Roasted seasonal fruit with natural yoghurt and granola	F: 1.5 V: 2.5 G: 2.75 L: 0.75 D: 1
Friday	Crumpets with frozen berries, vanilla ricotta	Spiced seasonal fruit salad + ½ Cup milk	Veggi chilli with flat bread	Sweet potato and ham scroll	F: 1.5 V: 2 G: 3 L: 0.75 D: 1.75

Week 2b – Recipe plan

	Breakfast	Morning Tea	Lunch	Afternoon Tea	Dietary intake
Monday	Oat and chia breakfast pudding	Natural yoghurt with frozen berries and granola + ½ Cup milk	chicken and broccoli pasta	Chocolate and beetroot brownie	F: 1.5 V: 2 G: 2.25 L: 0.75 D: 1.5
Tuesday	Natural yoghurt, berries and granola	Roasted sweet potato dip with flat bread + ½ Cup milk	Beef San Choy Bau	Raspberry bombs	F: 1.75 V: 3 G: 2.25 L: 0.75 D: 1
Wednesday	Breakfast burrito	Oat and chia breakfast pudding + ½ Cup milk	Chicken Pad Thai	Frozen banana yoghurt with toasted coconut and seeds	F: 1.75 V: 3.75 G: 3 L: 1.5 D: 0.75
Thursday	Cereal with frozen berries and milk	Hummus with crisp breads + ½ Cup milk	Beef lasagne	Pepita coconut fruit balls	F: 1.5 V: 2.5 G: 2.75 L: 0.75 D: 1.5
Friday	Mexican vegetable quesadilla	Spiced seasonal fruit salad + ½ Cup milk	Falafel, hummus and tabouli salad	Cheese and crackers	F: 1.5 V: 2.25 G: 2.5 L: 0.75 D: 2