

Sample Plan - Menu

| Meal | SCHOOL (U13) | SPORTSMAN | CHAMPION |
|-------------------------|---|--|--|
| Breakfast | Selection of cereals, toast,condiments, low fat yogurts,orange juice, full cream and low fat milk, fruit in natural juices, tea, coffee | Selection of cereals, toast,condiments, low fat yogurts,orange juice, full cream and low fat milk, fresh & sliced seasonal fruit, fruit in natural juices, tea, coffee | Selection of cereals, toast,condiments, low fat yogurts,orange juice, full cream and low fat milk, fresh whole & sliced seasonal fruit, fruit in natural juices, tea, coffee |
| Hot Choice | Eggs (poached,fried or scrambled) & Spaghetti | Eggs (poached, fried or scrambled), bacon OR sausages, grilled tomatoes & mushrooms, spaghetti & baked beans | Eggs (poached, fried or scrambled), bacon and sausages, grilled tomatoes & mushrooms, spaghetti & baked beans, croissaants OR muffins |
| Lunch | Selection of bread & rolls, cordial & cold water, fresh whole fruits, plain salads, mixed salads, dressings & condiments, tea & coffee | Selection of bread & rolls, cordial & cold water, fresh whole fruits, plain salads, mixed salads, dressings & condiments, tea & coffee | Selection of bread & rolls, cordial & cold water, fresh whole fruits, plain salads, mixed salads, dressings & condiments, tea & coffee |
| Hot Choice | Stir-fry chicken satay with steamed jasmine rice | Mongolian lamb with steamed jasmine rice Grilled chicken with Singapore noodles | Linguine with seafood & tomato basil sauce Thai coconut chicken with hokkien noodles |
| Pasta | Pasta Bolognaise | Veal ravioli with tomato & basil sauce | Steamed jasmine rice Roasted sweet potato & lamb tortillas |
| Dinner | Selection of Bread and Rolls, iced water, tea & coffee, fresh whole fruit and your choice from the salad bar | Selection of Bread and Rolls, iced water, tea & coffee, fresh whole fruit and your choice from the salad bar | Selection of Bread and Rolls, iced water, tea & coffee, fresh whole & sliced fruit and your choice from the salad bar |
| Dinner | Chicken Schnitzels | Char grilled steaks with green peppercorn sauce Sweet & sour pork | Grilled snapper fillets lemon glaze Sirloin steak with Diane sauce |
| | Pasta Provencale | Fettuccini Carbonara | Chicken Ravioli with mushroom cream sauce Steamed jasmine rice |
| | Plus Seasonal Vegetables | Plus Seasonal Vegetables | Plus Seasonal Vegetables |
| Packed Breakfast | Consists of a Croissant filled with Ham & Cheese, Fresh Whole Fruit, Popper & Cutlery | Consists of a Croissant filled with Ham & Cheese, Fresh Whole Fruit, Punnet of Yoghurt, 100% Orange Juice & Cutlery | Consists of a 2 Croissants - One filled with Ham & Cheese & One with Jam & Butter, Fresh Whole Fruit, Punnet of Yoghurt, 100% Orange Juice & Cutlery |
| Packed Lunch | Consists of a Cold Meat & Salad Roll, Whole Fresh Fruit, Portion Control Biscuit, Popper & napkin | Consists of a Cold Meat, garden salad box, bread roll, fresh whole fruit, museli bar & 600ml Water | Consists of a Meat & Garden Salad Box, Bread Roll, Cheese & Crackers, tub of Fresh Fruit Salad, whole Fresh Fruit, Muesli Bar & 600ml Water or 500ml Orange Juice & Cutlery |
| Trayed Dinner | Consists of a selection of holt and cold items from the Buffett, Popper and Cutlery | Consists of a selection of holt and cold items from the Sportsman Buffett, 100% Orange Juice and Cutlery | Consists of a selection of hot and cold items from the Elite Buffett Buffett, 100% Orange Juice & Cutlery |
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