



Sample Weekly Menu

Monday

- Fresh seasonal fruit
- Cheese and crackers
- Cacao/blueberry muffins
- Wholemeal pizza scrolls
- Apple raisin cinnamon oat cookie
- Sweet potato, tuna and parmesan croquette
- Mixed sandwiches packed with super foods
- Yoghurt

Wednesday

- Fresh seasonal fruit
- Cheese and crackers
- Banana bread
- Brown puffed rice and blueberry biscuit
- Mini baked bean muffins
- Cauliflower mac and cheese slice
- Mixed sandwiches packed with super foods
- Yoghurt

Friday

- Fresh seasonal fruit
- Cheese and crackers
- Wholegrain Anzac square
- Cocoa protein balls
- Sweet potato, sunflower seed & cheese muffin
- Brown rice zucchini pattie
- Mixed sandwiches packed with super foods
- Yoghurt

Tuesday

- Fresh seasonal fruit
- Cheese and crackers
- Corn pikelets
- Apricot date coconut balls
- Oaty banan cluster
- Chicken and Vegetable sausage roll
- Mixed sandwiches packed with super foods
- Yoghurt

Thursday

- Fresh seasonal fruit
- Cheese and crackers
- Super food muesli slice
- Pumpkin oatly slice
- Wholemeal pesto scroll
- Inside out pizza wedge
- Mixed sandwiches packed with super foods
- Yoghurt

All food is prepared, cooked
and delivered fresh every
day!

There is no added sugar, salt
or preservatives