

SAMPLE MENU PLANNER B STANDARD.

MEAL	DAY ONE	DAY TWO	DAY THREE
BREAKFAST			
		Bacon and sausage, hash browns, beans, scrambled egg, toast, cereals, yogurt, fruit juice.	Bacon and sausage, potato waffles, poached egg, tomatoes, toast, cereals, yogurt and fruit juice.
LUNCH			
		Packed lunch, filled rolls, crisps, drink, fruit, alpen bar. <hr/> Filled jacket potato with cheese, chilli, beans, coleslaw and salad. <hr/> Lemon crunch and cream, fresh fruit.	Packed lunch, filled rolls, crisps, drink, fruit, kit kat. <hr/> Battered cod or cheese and onion pie, chips, peas and salad. <hr/> Scones with jam and cream, fresh fruit.
DINNER			
	Lasagne or veggie hot pot, garlic bread, chips or new potatoes, salad. <hr/> Sherry trifle, fresh fruit.	Sweet and sour chicken or veggie stir fry, boiled rice, chips, prawn crackers. <hr/> Chocolate and orange drizzle cake and custard, fresh fruit.	