

THURSDAY 24 AUG

Breakfast:

X2 slices of Burgen rye bread
X1 boiled egg
Slice of swiss cheese
Drizzle of chilli oil

Recess & Lunch:

Banana
1.5 cups of white pasta
1 cup lamb ragu

Dinner:

Panfried fillet of Salmon (250 grams) garlic with teaspoon butter and glug of olive oil
Broccoli half head steamed
Zucchini steamed
Cauliflower puree (approx. tablespoon cream, cauli, potatoes, celery, onion, spices)

Desserts/Snacks:

Big bowl of vanilla icecream
4 squares of dairy milk chocolate

Drinks:

Tea with dash soy milk and ½ teaspoon of raw honey (morning)
2 large travel mugs of peppermint tea
1L water

FRIDAY 25 AUG

Breakfast:

X2 slices of Burgen rye bread
Half chicken thigh (baked)
Spinach leaves, tomato
½ tspn mayo

Recess and Lunch:

Banana
Apple
1 Chicken thigh salad (baby spinach, 1 tomato, 5 olives, 1 tbsp. Fetta, sliced zucchini)
Tbsp vinaigrette (home made)
Single serve of cheese and bacon balls (little snack bag)

Dinner:

350 gram steak (pan fried in teaspoon of butter)

Coles beef ravioli - about 340 g
Ready made tomato and basil sauce (about ½ cup)
Sprinkle of parmesan cheese (about 2 Tablespoons)

Dessert & Snacks:

3 squares of chocolate
X1 mango mochi

Drinks:

Tea with dash soy milk and ½ teaspoon of raw honey (morning)
1L water

SATURDAY 26 AUG

Breakfast:

2 ½ eggs scrambled with a dash of cream
X2 rye bread with toasted with butter

Morning tea:

Regular size packet of cheese and bacon balls

Lunch:

X2 sushi rolls (chicken teriyaki and cooked tuna)

Dinner:

4 slices of pizza (Capriciossa)
Corn chips (handful) with hummus

Drinks:

X1 small can of zero sugar Vanilla Coke
X2 fizzy waters
X2 tea with soy milk and honey

SUNDAY 27 AUG

Breakfast:

X2 pork sausages
X2 eggs scrambled with soy milk
X2 rye bread toasted with butter

Morning tea and lunch :

Dinner bowl of tiramisu
X2 slices of left over pizza
Handful corn chips
X1 pikelet with butter and jam

Dinner:

Pea and ham hock soup with white lentils, carrots and potato

Dessert and Snacks:

5 squares of Aero bar (mint)

Drinks:

X4 cups of fizzy water

X2 cups of tea with soy milk

MONDAY 28 AUG**Breakfast:**

2 slices of multigrain bread

X1 boiled egg

Slice of swiss cheese

Recess and Lunch:

Banana

White bread devon and salad sandwich with a slice of cheese

Dinner:

Bowl of pea and ham soup

½ cup rice

Dessert and Snacks:

Bowl of tiramisu

Handful of corn chips

Drinks:

Tea with dash soy milk and ½ teaspoon of raw honey (morning)

1L water

X1 cup of fizzy water

TUESDAY 30 AUGUST**Breakfast:**

X2 slices of rye bread

X1 egg boiled

Recess and Lunch:

Apple

Chicken salad (thigh pan fried, spinach, olives, zucchini, tomato and 1 TBSN fetta)

Dinner:

400g pork fillet (cut into steaks and fried in olive oil)

Red onion and tomato with balsamic

Dessert and Snacks:

Small bowl of corn chips

Drinks:

Tea with dash soy milk and ½ teaspoon of raw honey (morning)

1L water

WEDNESDAY 31 AUG**Breakfast:**

Ham and cheese croissant toasted

Recess and Lunch:

X2 slices of rye

X1 boiled egg

1tspn cottage cheese

Drizzle of chilli oil

Apple

Punnet of raspberries

Dinner:

1 ½ fillet of mirror dory pan fried with potato flour dusting

Tbspn butter and lemon

Asian mushrooms mixed Choy sum and zucchini in oyster sauce

Dessert and snacks:

Sesame rice crackers (150 g)

Violet Crumble

Drinks:

Tea with dash soy milk and ½ teaspoon of raw honey (morning)

2L water

X1 cup of fizzy water