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OIA-2025-5509

 September 2025

[REDACTED]  
[REDACTED]

Dear [REDACTED]

I refer to your email of 12 August 2025 requesting, under the Official Information Act 1982 (OIA), information about meals provided at New Zealand Defence Force (NZDF) camps and bases.

1. *Can I have the top ten most common meals NZDF personnel are supplied broken down at each camp and base?*

Menus are cycled across all camps and bases, with different protein, starch, and cooked vegetable choices provided in line with contracted requirements. There is no 'top ten' list because of the different meals provided across the different locations, but there are commonalities in meal choices. For breakfast, eggs, bacon, sausages, baked beans or spaghetti, and 'continental' are common choices. For lunch and dinner, chicken and beef, followed by pork and lamb, are the most common choices. Fish is the least common choice. Starch dishes mostly comprise potatoes, rice and pasta.

2. *Can I have Compass' contract broken down, by costs going towards, food, alcohol and other relevant fields?*

As this information concerns an active tender process, it is withheld in accordance with section 9(2)(j) of the OIA to enable negotiations without prejudice or disadvantage.

3. *What nutrition guarantees or guidelines does the NZDF have with Compass?*

Nutritional guidelines are outlined within the contract. A copy of the the relevant contract schedule is provided at Enclosure 1.

4. *Could I please have the weekly menus or meal plans for each camp/base from January 1st 2024 to December 31st.*

Copies of the relevant menus are provided at Enclosure 2.

You have the right, under section 28(3) of the OIA, to ask an Ombudsman to review this response to your request. Information about how to make a complaint is available at [www.ombudsman.parliament.nz](http://www.ombudsman.parliament.nz) or freephone 0800 802 602.

Please note that responses to official information requests are proactively released where possible. This response to your request will be published shortly on the NZDF website, with your personal information removed.

Yours sincerely

**GA Motley**

Brigadier

Chief of Staff HQNZDF

**Enclosures:**

1. Nutritional guidelines
2. Menus

## ANNEX B TO THE FOURTH SCHEDULE – FRESH RATION SCALES

## 1 Menu Commodity

1.1 The NZDF Fresh Ration Scales represent the actual amount of food that can be demanded, by commodities, for entitled individuals to be rationed for a stated period. The tables set out below show the daily entitlement per individual:

| Menu Commodity           | Min Serve               | Group 1     |             |      |   |   | Group 2     |             |      |   |   | Group 3     |             |   |   |   |
|--------------------------|-------------------------|-------------|-------------|------|---|---|-------------|-------------|------|---|---|-------------|-------------|---|---|---|
|                          |                         | Daily Scale | Daily Serve | B    | L | D | Daily Scale | Daily Serve | B    | L | D | Daily Scale | Daily Serve | B | L | D |
| Sliced Bread Wholegrain  | 70g (2 Slices)          | 210g        | 3           | 1    | 1 | 1 | 210g        | 3           | 1    | 1 | 1 | 210g        | 3           | 1 | 1 | 1 |
| Breakfast Cereal         | 45g (dry)               | 45g         | 1           | 1    | - | - | 70g         | 1           | 1.5  | - | - |             |             |   |   |   |
| Rice / Noodles Cooked    | 65g                     | 130g        | 2           | -    | 1 | 1 | 130g        | 2           | -    | 1 | 1 |             |             |   |   |   |
| Potato / Kumara Cooked   | 100g                    | 200g        | 2           | -    | 1 | 1 | 200g        | 2           | -    | 1 | 1 | 400g        | 4           | - | 2 | 2 |
| Special Menu Item        | 50-100g<br>(1 per week) | 50-100g     | 0.15        | 0.15 | - | - | 50-100g     | 0.15        | 0.15 | - | - |             |             |   |   |   |
| Starchy Vegetables       | 150g                    |             |             |      |   |   |             |             |      |   |   | 150g        | 1           | 1 | - | - |
| Hot Vegetables Fresh     | 40g                     | 160g        | 4           | -    | 1 | 3 | 160g        | 4           | -    | 1 | 3 | 240g        | 6           | - | 3 | 3 |
| Hot Vegetables QF        | 40g                     | 80g         | 2           | -    | 1 | 1 | 80g         | 2           | -    | 1 | 1 | 80g         | 2           | - | 1 | 1 |
| Starchy Salad            | 80g                     | 160g        | 2           | -    | 1 | 1 | 160g        | 2           | -    | 1 | 1 |             |             |   |   |   |
| Non Starch Salad Raw     | 50g                     | 100g        | 2           |      | 1 | 1 | 100g        | 2           | -    | 1 | 1 |             |             |   |   |   |
| Salad Green              | 25g                     | 50g         | 2           |      | 1 | 1 | 50g         | 2           | -    | 1 | 1 |             |             |   |   |   |
| Spaghetti / Beans / Toms | 50g                     | 100g        | 2           | 2    | - | - | 100g        | 2           | 2    | - | - | 200g        | 4           | 4 | - | - |

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| Menu Commodity         | Min Serve      | Group 1     |             |   |   |   | Group 2     |             |   |   |   | Group 3     |             |   |   |   |
|------------------------|----------------|-------------|-------------|---|---|---|-------------|-------------|---|---|---|-------------|-------------|---|---|---|
|                        |                | Daily Scale | Daily Serve | B | L | D | Daily Scale | Daily Serve | B | L | D | Daily Scale | Daily Serve | B | L | D |
| Legumes / Nuts & Seeds | 25 g (Dry)     | 50g         | 2           | - | 1 | 1 | 50g         | 2           | - | 1 | 1 |             |             |   |   |   |
| Nut Snack              | 30-60g         |             |             |   |   |   |             |             |   |   |   | 30-60 g     | 1           | - | 1 | - |
| Fruit                  | 1 Piece        | Varies      | 3           | 1 | 1 | 1 | Varies      | 3           | 1 | 1 | 1 | Varies      | 3           | 1 | 1 | 1 |
| Fruit Canned           | 100g           | 100g        | 1           | 1 | - | - | 100g        | 1           | 1 | - | - |             |             |   |   |   |
| Milk Cereal            | 100ml          | 100ml       | 1           | 1 | - | - | 200ml       | 2           | 2 | - | - |             |             |   |   |   |
| Flavoured / Milk       | 150ml          | 150ml       | 1           | - | 1 | - | 150ml       | 1           | - | - | 1 |             |             |   |   |   |
| Milk Beverages         | 33ml           | 100ml       | 3           | 1 | 1 | 1 | 100ml       | 3           | 1 | 1 | 1 | 200ml       | 6           | 2 | 2 | 2 |
| Yogurt                 | 150g           | 150g        | 1           | 1 | - | - | 150g        | 1           | 1 | - | - |             |             |   |   |   |
| Eggs                   | 1 egg / Size 6 | 2 ea        | 2           | 2 | - | - | 3 ea        | 3           | 2 | 1 | - | 2 ea        | 2           | 2 | - | - |
| Butter / Spread PCU    | 7g             | 42g         | 6           | 2 | 2 | 2 | 42g         | 6           | 2 | 2 | 2 | 42g         | 6           | 2 | 2 | 2 |
| Ice Cream / Yogurt     | 100g           | 100g        | 1           | - | - | 1 | 100g        | 1           | - | - | 1 |             |             |   |   |   |
| Custard                | 50g            | 50g         |             |   |   |   | 50g         |             |   |   |   | 100g        | 2           | - | - | 2 |
| Cheese                 | 25g            | 50g         | 2           | - | 1 | 1 |             |             |   |   |   |             |             |   |   |   |
| Beef / Lamb/ Pork      | 230g (Raw)     | 460g        | 2           | - | 1 | 1 | 460g        | 2           | - | 1 | 1 | 460g        | 2           | - | 1 | 1 |
| Fish/Poultry           |                |             |             |   |   |   |             |             |   |   |   |             |             |   |   |   |

| Menu Commodity         | Min Serve | Group 1     |             |   |   |   | Group 2     |             |   |   |   | Group 3     |             |   |   |   |
|------------------------|-----------|-------------|-------------|---|---|---|-------------|-------------|---|---|---|-------------|-------------|---|---|---|
|                        |           | Daily Scale | Daily Serve | B | L | D | Daily Scale | Daily Serve | B | L | D | Daily Scale | Daily Serve | B | L | D |
| Bacon                  | 120g      | 120g        | 1           | 1 | - | - | 120g        | 1           | 1 | - | - | 120g        | 1           | 1 | - | - |
| Mince                  | 100g      | 100g        |             |   |   |   | 100g        |             |   |   |   | 100g        |             |   |   |   |
| Sausage / Saveloys     | 140g      | 140g        |             |   |   |   | 140g        |             |   |   |   | 140g        |             |   |   |   |
| Dessert                | 130g      | 130g        | 1           | - | - | 1 | 130g        | 1           | - | - | 1 | 130g        | 1           | - | - | 1 |
| Baked Products Biscuit | 30g       | 30g         | 1           | - | 1 | - | 30g         | 1           | - | 1 | - | 30g         | 1           | - | 1 | - |
| Baked Products Muffin  | 60g       | 60g         |             |   |   |   | 60g         |             |   |   |   | 60g         |             |   |   |   |
| Baked Products Cake    | 80g       | 80g         |             |   |   |   | 80g         |             |   |   |   | 80g         |             |   |   |   |
| Preserves PCU          | 9g        | 45g         | 5           | 2 | 2 | 1 | 45g         | 5           | 2 | 2 | 1 | 54g         | 5           | 2 | 2 | 1 |
| Tea/Coffee/Milo        | 5/1/2/g   | 10g         | 3           | 1 | 1 | 1 | 10g         | 3           | 1 | 1 | 1 | 10g         | 3           | 1 | 1 | 1 |
| Fruit Juice            | 200ml     | 200ml       | 1           | 1 | - | - | 200ml       | 1           | 1 | - | - |             |             |   |   |   |
| Art Sweetened Beverage | 200ml     | 400ml       | 2           | - | 1 | 1 | 400ml       | 2           | - | 1 | 1 |             |             |   |   |   |
| Sugar                  | 5g        | 15g         | 3           | 1 | 1 | 1 | 15g         | 3           | 1 | 1 | 1 | 15g         | 3           | 1 | 1 | 1 |
| Sauces/Dressings PCU   | 9g        | 27g         | 3           | 1 | 1 | 1 | 27g         | 3           | 1 | 1 | 1 | 27g         | 3           | 1 | 1 | 1 |

## Notes

|   |           |   |       |   |        |   |       |    |             |        |                             |
|---|-----------|---|-------|---|--------|---|-------|----|-------------|--------|-----------------------------|
| B | Breakfast | L | Lunch | D | Dinner | g | Grams | ml | Millilitres | Varies | Varies with choice of Fruit |
|---|-----------|---|-------|---|--------|---|-------|----|-------------|--------|-----------------------------|

## 2 Proposed NZDF / ESS Caterer Requirements – 28 Day Menu Cycle / Per individual

- 2.1 The proposed NZDF/ESS Caterer Requirements represents the caterer entitlement to condiments and ingredients to support the production of the 28 Day menu Cycle per individual.

| Recipe Commodity           | Catering Entitlement Per Month Per Individual gms / mls |                                                                  |
|----------------------------|---------------------------------------------------------|------------------------------------------------------------------|
|                            | Scale                                                   | Comment                                                          |
| <b>To Cook Dishes</b>      |                                                         |                                                                  |
| Fats & Oils                | 262ml                                                   | Based on producing 28 Day menu with 3 choices for Lunch & Dinner |
| Soup Powder                | 80g                                                     |                                                                  |
| Stock Cubes                | 40g                                                     |                                                                  |
| <b>To Season / Flavour</b> |                                                         |                                                                  |
| Sauces (T/W/S)             | 50ml                                                    | Based on producing 28 Day menu with 3 choices for Lunch & Dinner |
| Vinegar                    | 70ml                                                    |                                                                  |
| Salt Iodised               | 25g                                                     | Seasoning for all set recipes                                    |
| Pepper (White Ground)      | 8g                                                      | 2 Salad Dressings for Lunch                                      |
| Herbs mixed / Spices       | 12g                                                     | 2 Salad Dressings for Dinner                                     |
| Curry Powder               | 16g                                                     |                                                                  |
| Mustard                    | 1g                                                      |                                                                  |
| Garlic/ Ginger             | 16g                                                     |                                                                  |
| Cinnamon                   | 4g                                                      |                                                                  |
| <b>To Sauce / Garnish</b>  |                                                         |                                                                  |
| Milk Canned Sweetened      | 12ml                                                    | 2 Sauces for Meat Options at Lunch                               |
| UHT Milk/Cream             | 15ml                                                    | 2 Sauces for Meat Options at Dinner                              |
| Cornflour                  | 7g                                                      | 1 Sauces for Hot Vegetables at Lunch/Dinner                      |
| Cordial                    | 7ml                                                     |                                                                  |
| Pickles / Chutney          | 7g                                                      |                                                                  |

**ANNEX C TO THE FOURTH SCHEDULE – SPECIFICATIONS FOR PRIME CATERING COMMODITIES AND INGREDIENTS**

**1 Introduction**

1.1 NZDF Nutrition Entitlements prescribes three levels of feeding:

| Group | Total Energy | Activity            | Target Group                                                                              |
|-------|--------------|---------------------|-------------------------------------------------------------------------------------------|
| 1     | 13 MJ        | Garrison            | Default garrison (Air/Navy/Army)<br>Navy and Air trainees<br>Officer Cadets<br>Navy Ships |
| 2     | 15 MJ        | High Energy Users   | NZ Army Recruits and Special Forces                                                       |
| 3     | 19 MJ        | Fresh Field Feeding | Land-based training exercises                                                             |

1.2 NZDF Specifications and Delivery Standards listed below set the full requirement to be met for all Prime Catering Commodities and Ingredients as identified by the NZDF /ESS Fresh Ration Scale at Annex B to the Fourth Schedule of this Agreement.

1.3 Personnel from any group may be entitled to the Supplementary Snack Module if training warrants extra energy provision. Entitlement to Level 2 Feeding and or the Supplement Snack Module requires Chain of Command endorsement.

1.4 The tables of NZDF Specifications for Prime Catering Commodities and Ingredients are set out in the following tables:

| Table | Food Type                                                 |
|-------|-----------------------------------------------------------|
| 1     | Breads                                                    |
| 2     | Breakfast Cereals                                         |
| 3     | Cereals, Grains, Starchy Vegetables, Vegetables & Legumes |
| 4     | Non Starchy Vegetables                                    |
| 5     | Legumes, Nuts & Seeds                                     |
| 6     | Fresh Fruit                                               |
| 7     | Dairy                                                     |
| 8     | Yogurt                                                    |
| 9     | Eggs                                                      |
| 10    | Breakfast Meats                                           |
| 11    | Meats                                                     |
| 12    | Spreads                                                   |
| 13    | Preserves                                                 |
| 14    | Baked products                                            |
| 15    | Desserts & Puddings                                       |
| 16    | Dairy Dessert Sauces                                      |

| Table   | Food Type            |
|---------|----------------------|
| 17      | Cheese & Crackers    |
| 18      | Cold & Hot Beverages |
| 19 - 44 | Catering Scales      |

**Breads**

| 1                  | Sliced Breads                                                                                                            |                   |                   |
|--------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------|-------------------|
| Requirement        | Group 1                                                                                                                  | Group 2           | Group 3           |
| Entitlement Scale  | 210 gms                                                                                                                  | 210 gms           | 210 gms           |
| Minimum Serve      | 70 gms (2 slices)                                                                                                        | 70 gms (2 slices) | 70 gms (2 slices) |
| Number of Serves   | 3 (6 Slices)                                                                                                             | 3 (6 Slices)      | 3 (6 Slices)      |
| Number of Choices  | 3                                                                                                                        | 3                 | 1                 |
| Delivery Standards |                                                                                                                          |                   |                   |
| 1.1                | At least three varieties of sliced bread are available at every meal. Eg: Soy and linseed, rye and multigrain varieties. |                   |                   |
| 1.2                | All sliced bread available is wholegrain with a minimum of 5g dietary fibre per 100g                                     |                   |                   |

**Breakfast Cereals**

| 2                  | Breakfast Cereal                                                                                                                                                             |            |         |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|---------|
| Requirement        | Group 1                                                                                                                                                                      | Group 2    | Group 3 |
| Entitlement Scale  | 45 gms                                                                                                                                                                       | 70 gms     |         |
| Minimum Serve      | 45 gms dry                                                                                                                                                                   | 70 gms dry |         |
| Number of Serves   | 1                                                                                                                                                                            | 1          |         |
| Number of Choices  | 4                                                                                                                                                                            | 4          |         |
| Delivery Standards |                                                                                                                                                                              |            |         |
| 2.1                | At least four breakfast cereals are available at every breakfast.                                                                                                            |            |         |
| 2.2                | All breakfast cereals provided have a minimum of 5g dietary fibre per 100g. Eg: Bran, wheat biscuits, porridge, natural muesli, toasted muesli, grain and dried fruit mixes. |            |         |
| 2.3                | Two non-muesli breakfast cereals are available. Eg: Bran, wheat biscuits and porridge.                                                                                       |            |         |
| 2.4                | All non-muesli breakfast cereals have a maximum of 15g sugar per 100g.                                                                                                       |            |         |
| 2.5                | Two muesli breakfast cereals (toasted and/or natural) are available. Eg: Toasted and natural muesli varieties.                                                               |            |         |
| 2.6                | All muesli breakfast cereals have a maximum of 25g sugar per 100g.                                                                                                           |            |         |
| 2.7                | Hot porridge is available from Anzac Day to Labour Day. NB: Optional to offer outside these dates                                                                            |            |         |

## Cereals, Grains, Starchy Vegetables, Vegetables &amp; Legumes

| 3A                 | Cereals and Grains                                                                                                                                                                                                                                                             |          |          |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
| Requirement        | Group 1                                                                                                                                                                                                                                                                        | Group 2  | Group 3  |
| Entitlement Scale  | 130 gms                                                                                                                                                                                                                                                                        | 130 gms  |          |
| Minimum Serve      | 65 gms                                                                                                                                                                                                                                                                         | 65 gms   |          |
| Number of Serves   | 2                                                                                                                                                                                                                                                                              | 2        |          |
| Number of Choices  | 2                                                                                                                                                                                                                                                                              | 2        |          |
| 3B                 | Potato & Kumara                                                                                                                                                                                                                                                                |          |          |
| Requirement        | Group 1                                                                                                                                                                                                                                                                        | Group 2  | Group 3  |
| Entitlement Scale  | 200 gms                                                                                                                                                                                                                                                                        | 200 gms  | 400 gms* |
| Minimum Serve      | 100g                                                                                                                                                                                                                                                                           | 100g     | 100g     |
| Number of Serves   | 2                                                                                                                                                                                                                                                                              | 2        | 4        |
| Number of Choices  | 1                                                                                                                                                                                                                                                                              | 1        | 1        |
| 3C                 | Breakfast Hot Starchy Vegetable (Field)                                                                                                                                                                                                                                        |          |          |
| Requirement        | Group 1                                                                                                                                                                                                                                                                        | Group 2  | Group 3  |
| Entitlement Scale  |                                                                                                                                                                                                                                                                                |          | 150 gm   |
| Minimum Serve      |                                                                                                                                                                                                                                                                                |          | 150 gm   |
| Number of Serves   |                                                                                                                                                                                                                                                                                |          | 1        |
| Number of Choices  |                                                                                                                                                                                                                                                                                |          | 1        |
| 3D                 | Breakfast Special Menu Item (1 per week)                                                                                                                                                                                                                                       |          |          |
| Requirement        | Group 1                                                                                                                                                                                                                                                                        | Group 2  | Group 3  |
| Entitlement Scale  | Variable                                                                                                                                                                                                                                                                       | Variable |          |
| Minimum Serve      |                                                                                                                                                                                                                                                                                |          |          |
| Number of Serves   |                                                                                                                                                                                                                                                                                |          |          |
| Number of Choices  |                                                                                                                                                                                                                                                                                |          |          |
| 3E                 | Spaghetti & Baked Beans                                                                                                                                                                                                                                                        |          |          |
| Requirement        | Group 1                                                                                                                                                                                                                                                                        | Group 2  | Group 3  |
| Entitlement Scale  | 100 gm                                                                                                                                                                                                                                                                         | 100 gm   | 200 gm   |
| Minimum Serve      | 50 gm                                                                                                                                                                                                                                                                          | 50 gm    | 50 gm    |
| Number of Serves   | 2                                                                                                                                                                                                                                                                              | 2        | 4        |
| Number of Choices  | 2                                                                                                                                                                                                                                                                              | 2        | 1        |
| Delivery Standards |                                                                                                                                                                                                                                                                                |          |          |
| 3.1                | Spaghetti and baked beans is available at every breakfast.                                                                                                                                                                                                                     |          |          |
| 3.2                | A special menu item is served once per week. Special menu item can replace one egg option. EG: French toast, pancakes, hash browns, corn fritters and croissants.                                                                                                              |          |          |
| 3.3                | One hot starchy vegetable is available for fresh field feeding breakfast. Eg: Bubble and squeak, fried potato or creamed corn.                                                                                                                                                 |          |          |
| 3.4                | One plain hot cereal or grain is available at lunch and dinner. Eg: Pasta, rice, noodles (egg and rice), couscous, tabouli, barley, bulgur wheat, polenta and quinoa. NB: Not to be served in a sauce.                                                                         |          |          |
| 3.5                | The type of rice used is always basmati or brown rice. NB: Encourage brown rice to be served occasionally.                                                                                                                                                                     |          |          |
| 3.6                | One hot starchy vegetable is available at lunch and dinner. Eg: Potato and kumara. NB: Encourage vegetable skins to be left on when appropriate. NB: * Only provide potato or kumara for Group 3                                                                               |          |          |
| 3.7                | Optional: An extra, hot starchy vegetable can be provided to replace the hot cereal or grain occasionally. Eg: Roast meal served with potato and kumara. NB: If a meal is better suited to two starchy vegetable options, then the hot cereal or grain option can be replaced. |          |          |
| 3.8                | Pre-prepared, commercial potato and kumara products can not be served more than twice per week. Eg: Chips, fries, wedges, hash browns and potato flakes. NB: This includes breakfast, lunch and dinner menu items.                                                             |          |          |
| 3.9                | One cereal, grain or starchy vegetable salad is available at lunch and dinner. Eg: Pasta, rice, potato, noodle, bulgur wheat, couscous, tabouli and quinoa.                                                                                                                    |          |          |

|      |                                                                                                                                                                                                                                                                                                                                               |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3.10 | Starchy vegetable options (hot or cold) can not be served in a white sauce more than four times per week. Eg: Potato salad in mayonnaise based dressing and scalloped potatoes. Natural yoghurt can be mixed with aioli or mayonnaise for a lower fat creamy dressing. NB: Alternatives: Tomato based sauces, herb based pesto and olive oil. |
| 3.11 | Starchy vegetables can not be deep-fried or served with added butter more than once per week. NB: Healthy cooking techniques: Boiled, steamed, baked, mashed and jacket.                                                                                                                                                                      |
| 3.12 | No meat products can be served with the cereal, grain or starchy vegetable options. Eg: Bacon served with potato wedges or potato salad.                                                                                                                                                                                                      |

## Non Starchy Vegetables

| 4A                 | Non Starchy Vegetables - Fresh                                                                                                                                                                                                                                                                                                                                                                                                                                  |         |         |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|
| Requirement        | Group 1                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Group 2 | Group 3 |
| Entitlement Scale  | 160 gms                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 160 gms | 240 gms |
| Minimum Serve      | 40 gms                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 40 gms  | 40 gms  |
| Number of Serves   | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 4       | 6       |
| Number of Choices  | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 2       | 2       |
| 4B                 | Non Starchy Vegetables – Quick Frozen                                                                                                                                                                                                                                                                                                                                                                                                                           |         |         |
| Requirement        | Group 1                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Group 2 | Group 3 |
| Entitlement Scale  | 80 gms                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 80 gms  | 80 gms  |
| Minimum Serve      | 40 gms                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 40 gms  | 40 gms  |
| Number of Serves   | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 2       | 2       |
| Number of Choices  | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1       | 1       |
| 4C                 | Starchy Salad                                                                                                                                                                                                                                                                                                                                                                                                                                                   |         |         |
| Requirement        | Group 1                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Group 2 | Group 3 |
| Entitlement Scale  | 160 gms                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 160 gms |         |
| Minimum Serve      | 80 gms                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 80 gms  |         |
| Number of Serves   | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 2       |         |
| Number of Choices  | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1       |         |
| 4D                 | Non Starch Salad Raw                                                                                                                                                                                                                                                                                                                                                                                                                                            |         |         |
| Requirement        | Group 1                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Group 2 | Group 3 |
| Entitlement Scale  | 100 gms                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 100 gms |         |
| Minimum Serve      | 50 gms                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 50 gms  |         |
| Number of Serves   | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 2       |         |
| Number of Choices  | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 4       |         |
| 4E                 | Salad Green                                                                                                                                                                                                                                                                                                                                                                                                                                                     |         |         |
| Requirement        | Group 1                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Group 2 | Group 3 |
| Entitlement Scale  | 50 gms                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 50 gms  |         |
| Minimum Serve      | 25 gms                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 25 gms  |         |
| Number of Serves   | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 2       |         |
| Number of Choices  | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1       |         |
| Delivery Standards |                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |         |         |
| 4.1                | A variety of fresh seasonal vegetables are represented in the menu. Eg: Peas, carrots, broccoli, beans, corn, cauliflower, courgettes, cabbage, silver beet, pumpkin, parsnips, capsicums, beetroot, asparagus, bok choy, eggplant and spinach. NB: Multiple vegetable options can be offered at cash meal to total minimum serving size. For example, at lunch, 40g peas and 40g carrots can be provided to equal minimum serving size of 80g (group 1 and 2). |         |         |
| 4.2                | One hot vegetable is available at lunch.                                                                                                                                                                                                                                                                                                                                                                                                                        |         |         |
| 4.3                | Two hot vegetables are available at dinner.                                                                                                                                                                                                                                                                                                                                                                                                                     |         |         |

|     |                                                                                                                                                                                                                                                                                                                                                    |
|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4.4 | Quick frozen (QF) vegetables can not be served more than seven times per week.                                                                                                                                                                                                                                                                     |
| 4.5 | Hot vegetables can not be cooked and/or served with added sauce, butter or oil more than once per day. Eg: Honey glazed carrots, sautéed cabbage and cauliflower served with cheese sauce. NB: Vegetables can be garnished appropriately. E.g. Herbs, spices, toasted seeds and vegetables (sliced spring onion, chopped tomato, sliced capsicum). |
| 4.6 | One raw vegetable salad or a build your own salad bar is provided at lunch and dinner. Eg: Grated carrot, cucumber, chopped tomato, fresh green beans, coleslaw and grated beetroot. Canned beetroot can be used (exception to raw). NB: Raw vegetables can be served separately at a salad bar to create a 'build your own salad'.                |
| 4.7 | One undressed green salad is available at lunch and dinner. Eg: Red and green lettuce varieties and baby spinach. NB: This can include other fresh salad ingredients. E.g. Chopped tomato and grated carrot.                                                                                                                                       |
| 4.8 | No meat products can be served with the non starchy vegetable options. Eg: Bacon served with green lettuce salad.                                                                                                                                                                                                                                  |

## Legumes, Nuts &amp; Seeds

| 5A                 | Legumes, Nuts & Seeds                                                                                                                                                                                                                                                                                                                                                                                                  |            |             |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|-------------|
| Requirement        | Group 1                                                                                                                                                                                                                                                                                                                                                                                                                | Group 2    | Group 3     |
| Entitlement Scale  | 50 gms dry                                                                                                                                                                                                                                                                                                                                                                                                             | 50 gms dry |             |
| Minimum Serve      | 25 gm                                                                                                                                                                                                                                                                                                                                                                                                                  | 25 gm      |             |
| Number of Serves   | 2                                                                                                                                                                                                                                                                                                                                                                                                                      | 2          |             |
| Number of Choices  | 1                                                                                                                                                                                                                                                                                                                                                                                                                      | 1          |             |
| 5B                 | Nut Snack                                                                                                                                                                                                                                                                                                                                                                                                              |            |             |
| Requirement        | Group 1                                                                                                                                                                                                                                                                                                                                                                                                                | Group 2    | Group 3     |
| Entitlement Scale  |                                                                                                                                                                                                                                                                                                                                                                                                                        |            | 30 - 80 gms |
| Minimum Serve      |                                                                                                                                                                                                                                                                                                                                                                                                                        |            | 30 - 80 gms |
| Number of Serves   |                                                                                                                                                                                                                                                                                                                                                                                                                        |            | 1           |
| Number of Choices  |                                                                                                                                                                                                                                                                                                                                                                                                                        |            | 1           |
| Delivery Standards |                                                                                                                                                                                                                                                                                                                                                                                                                        |            |             |
| 5.1                | Baked Beans are available at every breakfast as an alternative to Spaghetti                                                                                                                                                                                                                                                                                                                                            |            |             |
| 5.2                | One legume, nut and/or seed option served as a soup, salad or accompaniment is available at lunch and dinner. Eg: Chili beans, kidney beans, chickpeas, dahl, toasted nut and seed mix, lentil soup or chickpea and carrot salad. NB: Legume = cooked dried peas, beans and lentils. This does not include legumes, nuts or seeds served with a meat option. E.g. Chili Con Carne or stir-fry served with cashew nuts. |            |             |
| 5.3                | Canned mixed bean salad can not be served more than four times per week.                                                                                                                                                                                                                                                                                                                                               |            |             |
| 5.4                | A variety of nut snack packs are available at lunch. This excludes packs that are 100% peanuts. NB: Natural or dry, oven roasted. No added oil or sugar. Protein: Minimum of 15g per 100g. Sodium: Maximum of 150mg per 100g.                                                                                                                                                                                          |            |             |

## Fresh Fruit

| 6A Fresh Fruit    |          |          |          |
|-------------------|----------|----------|----------|
| Requirement       | Group 1  | Group 2  | Group 3  |
| Entitlement Scale | 3 Pieces | 3 Pieces | 3 Pieces |
| Minimum Serve     | 1 Piece  | 1 Piece  | 1 Piece  |
| Number of Serves  | 3        | 3        | 3        |
| Number of Choices | 3        | 3        | 3        |
| 6B Canned Fruit   |          |          |          |
| Requirement       | Group 1  | Group 2  | Group 3  |
| Entitlement Scale | 100 gm   | 100 gm   |          |
| Minimum Serve     | 100 gm   | 100 gm   |          |
| Number of Serves  | 1        | 1        |          |

| Number of Choices  | 1                                                                                               | 1 |  |
|--------------------|-------------------------------------------------------------------------------------------------|---|--|
| Delivery Standards |                                                                                                 |   |  |
| 6.1                | Fresh seasonal fruit is available at every meal.                                                |   |  |
| 6.2                | Canned fruit is available at breakfast.                                                         |   |  |
| 6.3                | All canned fruit must be in natural or unsweetened fruit juice. NB: Can not be canned in syrup. |   |  |

## Dairy

| 7A                 | Fresh Milk Cereal                                                                                                                                                                                                                                                          |         |         |
|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|
| Requirement        | Group 1                                                                                                                                                                                                                                                                    | Group 2 | Group 3 |
| Entitlement Scale  | 100 ml                                                                                                                                                                                                                                                                     | 100 ml  |         |
| Minimum Serve      | 100 ml                                                                                                                                                                                                                                                                     | 100 ml  |         |
| Number of Serves   | 1                                                                                                                                                                                                                                                                          | 1       |         |
| Number of Choices  | 2                                                                                                                                                                                                                                                                          | 2       |         |
| 7B                 | Fresh Milk Drink                                                                                                                                                                                                                                                           |         |         |
| Requirement        | Group 1                                                                                                                                                                                                                                                                    | Group 2 | Group 3 |
| Entitlement Scale  | 150 ml                                                                                                                                                                                                                                                                     | 150 ml  |         |
| Minimum Serve      | 150 ml                                                                                                                                                                                                                                                                     | 150 ml  |         |
| Number of Serves   | 1                                                                                                                                                                                                                                                                          | 1       |         |
| Number of Choices  | 3L 2D                                                                                                                                                                                                                                                                      | 2L 3D   |         |
| 7C                 | Fresh Milk Hot Beverage                                                                                                                                                                                                                                                    |         |         |
| Requirement        | Group 1                                                                                                                                                                                                                                                                    | Group 2 | Group 3 |
| Entitlement Scale  | 100 ml                                                                                                                                                                                                                                                                     | 100 ml  | 200 ml  |
| Minimum Serve      | 33 ml                                                                                                                                                                                                                                                                      | 33 ml   | 33 ml   |
| Number of Serves   | 3                                                                                                                                                                                                                                                                          | 3       | 6       |
| Number of Choices  | 2                                                                                                                                                                                                                                                                          | 2       | 2       |
| Delivery Standards |                                                                                                                                                                                                                                                                            |         |         |
| 7.1                | Both reduced fat milk (light blue top) and calcium enriched (yellow top) are provided in dining halls. Eg: This can be used for general drinking, hot drinks, adding to breakfast cereals and desserts. NB: Full fat milk (blue top) is not to be provided in dining halls |         |         |
| 7.2                | Milk is available for hot beverages at breakfast, lunch and dinner.                                                                                                                                                                                                        |         |         |
| 7.3                | Milk at breakfast is provided to add to cereal and/or for general drinking.                                                                                                                                                                                                |         |         |
| 7.4                | Reduced fat milk (light blue top), calcium enriched (yellow top) and flavoured milk is provided for general drinking at lunch time.                                                                                                                                        |         |         |
| 7.5                | Flavoured milk has a minimum of 100mg calcium per 100ml and a maximum of 6.5g sugar per 100ml. NB: No UHT milk to be provided.                                                                                                                                             |         |         |
| 7.6                | Flavoured milk is available at lunch time only. NB: Exception TAD recruits. See 7.7.                                                                                                                                                                                       |         |         |
| 7.7                | Flavoured milk is available only at dinner time for TAD recruits.                                                                                                                                                                                                          |         |         |
| 7.8                | Calcium enriched milk (yellow top) is used for all cooking and baking. NB: Used in desserts, sauces, baking, mashed potato, porridge and scrambled eggs.                                                                                                                   |         |         |

## Yoghurt

| 8 Yoghurt         |         |         |         |
|-------------------|---------|---------|---------|
| Requirement       | Group 1 | Group 2 | Group 3 |
| Entitlement Scale | 150 gms | 150 gms |         |
| Minimum Serve     | 150 gms | 150 gms |         |
| Number of Serves  | 1       | 1       |         |

|                           |                                                                                                                                                                               |   |  |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|--|
| Number of Choices         | 1                                                                                                                                                                             | 1 |  |
| <b>Delivery Standards</b> |                                                                                                                                                                               |   |  |
| 8.1                       | Natural unsweetened yoghurt and/or regular low fat flavoured yoghurt are available at breakfast. NB: Can be provided as single serve potties or bulk yoghurt in dining halls. |   |  |
| 8.2                       | No artificially sweetened yoghurt can be served.                                                                                                                              |   |  |

## Eggs

| 9                         | Eggs                                                                                                                         |         |         |
|---------------------------|------------------------------------------------------------------------------------------------------------------------------|---------|---------|
| Requirement               | Group 1                                                                                                                      | Group 2 | Group 3 |
| Entitlement Scale         | 2                                                                                                                            | 3       | 2       |
| Minimum Serve             | Size 6                                                                                                                       | Size 6  | Size 6  |
| Number of Serves          | 2                                                                                                                            | 3       | 2       |
| Number of Choices         | 2                                                                                                                            | 2B 1L   | 2       |
| <b>Delivery Standards</b> |                                                                                                                              |         |         |
| 9.1                       | Two egg varieties are available at breakfast. Eg: Scrambled, poached, omelette, frittata and hard boiled. NB: No fried eggs. |         |         |
| 9.2                       | One egg variety is provided at lunch for group 2. Eg: Hard boiled, egg salad and frittata.                                   |         |         |

## Breakfast Meats

| 10A                       | Breakfast Bacon or                                                                                                                                                                         |                |                |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|----------------|
| Requirement               | Group 1                                                                                                                                                                                    | Group 2        | Group 3        |
| Entitlement Scale         | 120 gms cooked                                                                                                                                                                             | 120 gms cooked | 120 gms cooked |
| Minimum Serve             | 120 gms                                                                                                                                                                                    | 120 gms        | 120 gms        |
| Number of Serves          | 1                                                                                                                                                                                          | 1              | 1              |
| Number of Choices         | 1                                                                                                                                                                                          | 1              | 1              |
| 10B                       | Breakfast Mince or                                                                                                                                                                         |                |                |
| Requirement               | Group 1                                                                                                                                                                                    | Group 2        | Group 3        |
| Entitlement Scale         | 100 gms cooked                                                                                                                                                                             | 100 gms cooked | 100 gms cooked |
| Minimum Serve             | 100 gms                                                                                                                                                                                    | 100 gms        | 100 gms        |
| Number of Serves          | 1                                                                                                                                                                                          | 1              | 1              |
| Number of Choices         | 1                                                                                                                                                                                          | 1              | 1              |
| 10C                       | Breakfast Sausage or Saveloys                                                                                                                                                              |                |                |
| Requirement               | Group 1                                                                                                                                                                                    | Group 2        | Group 3        |
| Entitlement Scale         | 140 gms cooked                                                                                                                                                                             | 140 gms cooked | 140 gms cooked |
| Minimum Serve             | 140 gms                                                                                                                                                                                    | 140 gms        | 140 gms        |
| Number of Serves          | 1                                                                                                                                                                                          | 1              | 1              |
| Number of Choices         | 1                                                                                                                                                                                          | 1              | 1              |
| <b>Delivery Standards</b> |                                                                                                                                                                                            |                |                |
| 10.1                      | A variety of meat options are available throughout the week. Eg: Mince, sausages, bacon and saveloys.                                                                                      |                |                |
| 10.2                      | Only one meat option is available per day at breakfast.                                                                                                                                    |                |                |
| 10.3                      | Manufactured and processed meats (pre-prepared) are not available more than five times per week at breakfast. Eg: Sausages, bacon and saveloys. NB: Mince offered at least twice per week. |                |                |

## Meat, fish, chicken at lunch and dinner

| 11                        | Beef, Lamb, Chicken, Pork or Fish                                                                                                                                                                                                                                                                                                                                                                                                                             |         |         |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|
| Requirement               | Group 1                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Group 2 | Group 3 |
| Entitlement Scale         | 160 gms                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 160 gms | 160 gms |
| Minimum Serve             | 230 gms                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 230 gms | 130 gms |
| Number of Serves          | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 2       | 2       |
| Number of Choices         | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 3       | 1       |
| <b>Delivery Standards</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                               |         |         |
| 11.1                      | At least three meat options from beef, lamb, chicken, pork and fish are available at every lunch and dinner. NB: This standard includes manufactured, processed and pastry based meats as per Standard 11.1b, 11.1c, 11.1f.                                                                                                                                                                                                                                   |         |         |
| 11.2                      | One lean beef or lamb option is available at every lunch and dinner. Eg: Grill, casserole, roast, pan-fry, bake and stir-fry.                                                                                                                                                                                                                                                                                                                                 |         |         |
| 11.3                      | One white meat option is available at every lunch and dinner. Eg: Chicken or fish.                                                                                                                                                                                                                                                                                                                                                                            |         |         |
| 11.4                      | Chicken is available at least once per day for lunch or dinner.                                                                                                                                                                                                                                                                                                                                                                                               |         |         |
| 11.5                      | Fish is available at least once per day for lunch or dinner.                                                                                                                                                                                                                                                                                                                                                                                                  |         |         |
| 11.6                      | Fatty fish (high in omega 3 fatty acids) is available twice per week. Eg: Silver or white warehou, trout, kahawai, mackerel, salmon (smoked, canned, fresh), tuna (not canned) and herring. NB: Baked, steamed, fish pie, fish curry and pasta.                                                                                                                                                                                                               |         |         |
| 11.7                      | If three meat options are available then the third meat option can be from beef, lamb, chicken or pork. NB: Option 1 - <u>Lean</u> beef or lamb; Option 2 - Chicken or fish; Option 3 - Beef, lamb, chicken or pork.                                                                                                                                                                                                                                          |         |         |
| 11.8                      | If four meat options are available then the fourth menu item can be from lean beef, lamb or chicken. NB: Option 1 - <u>Lean</u> beef or lamb; Option 2 - Chicken or fish; Option 3 - Beef, lamb, chicken or pork; Option 4 - <u>Lean</u> beef, lamb or chicken.                                                                                                                                                                                               |         |         |
| 11.9                      | Lean cuts of meat are purchased as available. Eg: Trim pork and prime quality mince.                                                                                                                                                                                                                                                                                                                                                                          |         |         |
| 11.10                     | All visible fat is trimmed prior to cooking.                                                                                                                                                                                                                                                                                                                                                                                                                  |         |         |
| 11.11                     | The skin is removed before cooking chicken in a moist heat method. Eg: Stew, braise, stir-fry and casserole.                                                                                                                                                                                                                                                                                                                                                  |         |         |
| 11.12                     | At least one whole cut meat option is available at every lunch and dinner. Eg: Chicken (breast, drumsticks, thighs), chops, steak and roast meat. NB: Excludes fish fillets.                                                                                                                                                                                                                                                                                  |         |         |
| 11.13                     | A mixed meal can not be served more than once per day. Eg: Cottage pie, pasta bake, lasagne, chow mein and burgers. NB: A mixed dish is one with a cereal, grain or starchy vegetable added to meat during cooking or before service.                                                                                                                                                                                                                         |         |         |
| 11.14                     | If four meat options are available then one mixed meal can be served at lunch and one at dinner.                                                                                                                                                                                                                                                                                                                                                              |         |         |
| 11.15                     | Processed and manufactured meats (pre-prepared) can not be served more than three times per week at lunch or dinner. Eg: Sausages, saveloys, bacon, chicken nuggets, fish bites, salami, lasagne toppers, chicken schnitzel, cordon bleu, commercial burger patties, corned beef, ham steaks, ham and pickled pork. Eg: Pizza (with sausages, bacon, ham, and salami), hamburgers (with commercial patties or bacon) and meatball cheese (with ham or bacon). |         |         |
| 11.16                     | If a processed or manufactured meat is added to a meal then this counts towards the total number of serves per week as per standard 11.15. Eg: Lasagne with bacon pieces in the mince. NB: This also needs to be labelled appropriately in a visible location. Eg: Beef lasagne with bacon.                                                                                                                                                                   |         |         |
| 11.17                     | Meat with pastry is served no more than once per week. Eg: Sausage rolls, pies and spring rolls.                                                                                                                                                                                                                                                                                                                                                              |         |         |

## Spreads

| 12                        | Butter / Spreads |         |         |
|---------------------------|------------------|---------|---------|
| Requirement               | Group 1          | Group 2 | Group 3 |
| Entitlement Scale         | 42 gms           | 42 gms  | 42 gms  |
| Minimum Serve             | 7 gms            | 7 gms   | 7gms    |
| Number of Serves          | 6                | 6       | 6       |
| Number of Choices         | 2                | 2       | 2       |
| <b>Delivery Standards</b> |                  |         |         |

|      |                                                                                                                                                |
|------|------------------------------------------------------------------------------------------------------------------------------------------------|
| 12.1 | Both butter and margarine spreads are provided. NB: No blends (butter mixed with margarine) to be available.                                   |
| 12.2 | Margarine content of saturated plus trans fat is a maximum of 5g/100g. NB: Trans fat: Maximum of 0.2g/100g. Sodium: Maximum of 400mg per 100g. |
| 12.3 | PCUs only provided for Group 3 Feeding                                                                                                         |

## Preserves

| 13                 | Preserve                                                                        |         |         |
|--------------------|---------------------------------------------------------------------------------|---------|---------|
| Requirement        | Group 1                                                                         | Group 2 | Group 3 |
| Entitlement Scale  | 30 gms                                                                          | 30 gms  | 54 gms  |
| Minimum Serve      | 9 gms                                                                           | 9 gms   | 9 gms   |
| Number of Serves   | 4                                                                               | 4       | 4       |
| Number of Choices  | 4                                                                               | 4       | 2       |
| Delivery Standards |                                                                                 |         |         |
| 13.1               | Choices to include selection of Jams, Honey, Vegemite/Marmite and Peanut Butter |         |         |
| 13.2               | PCUs only provided for Group 3 Feeding                                          |         |         |

## Baked Products

| 14A                | Baked Biscuit or                                                                                                                |         |         |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------|---------|---------|
| Requirement        | Group 1                                                                                                                         | Group 2 | Group 3 |
| Entitlement Scale  | 30 gm                                                                                                                           | 30 gm   | 30 gm   |
| Minimum Serve      | 30 gm                                                                                                                           | 30 gm   | 30 gm   |
| Number of Serves   | 1                                                                                                                               | 1       | 1       |
| Number of Choices  | 1                                                                                                                               | 1       | 1       |
| 14B                | Baked Muffin or                                                                                                                 |         |         |
| Requirement        | Group 1                                                                                                                         | Group 2 | Group 3 |
| Entitlement Scale  | 60 gm                                                                                                                           | 60 gm   | 60 gm   |
| Minimum Serve      | 60 gm                                                                                                                           | 60 gm   | 60 gm   |
| Number of Serves   | 1                                                                                                                               | 1       | 1       |
| Number of Choices  | 1                                                                                                                               | 1       | 1       |
| 14C                | Baked Cake                                                                                                                      |         |         |
| Requirement        | Group 1                                                                                                                         | Group 2 | Group 3 |
| Entitlement Scale  | 80 gm                                                                                                                           | 80 gm   | 80 gm   |
| Minimum Serve      | 80 gm                                                                                                                           | 80 gm   | 80 gm   |
| Number of Serves   | 1                                                                                                                               | 1       | 1       |
| Number of Choices  | 1                                                                                                                               | 1       | 1       |
| Delivery Standards |                                                                                                                                 |         |         |
| 14.1               | A variety of baked options are available throughout the week at lunch.                                                          |         |         |
| 14.2               | Baked products offered at lunch are limited to one serving per person. Eg: Slices, biscuits, cakes, muffins, loaves and friands |         |         |
| 14.3               | No baked products are pre-spread with margarine or butter.                                                                      |         |         |

## Desserts

| 15                 | Dessert & Pudding                                                                                                                                                                                              |         |         |
|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|
| Requirement        | Group 1                                                                                                                                                                                                        | Group 2 | Group 3 |
| Entitlement Scale  | 130 gms                                                                                                                                                                                                        | 130 gms | 130 gms |
| Minimum Serve      | 130 gms                                                                                                                                                                                                        | 130 gms | 130 gms |
| Number of Serves   | 1                                                                                                                                                                                                              | 1       | 1       |
| Number of Choices  | 1                                                                                                                                                                                                              | 1       | 1       |
| Delivery Standards |                                                                                                                                                                                                                |         |         |
| 15.1               | A variety of desserts are available throughout the week at dinner.                                                                                                                                             |         |         |
| 15.2               | Milk and/or fruit based dessert/puddings are served at least four times per week. Eg: Creamed rice and fruit, fruit on milk, bread and butter pudding, baked apples and custard, fresh fruit salad and yoghurt |         |         |
| 15.3               | Non-milk and/or non-fruit based dessert/puddings can not be served more than three times per week. Eg: Chocolate fudge pudding, steamed pudding, cheesecake, cream sponge and lemon meringue pie.              |         |         |

## Dairy Dessert Sauces

| 16A                | Ice Cream or Yogurt or                                                                                |         |          |
|--------------------|-------------------------------------------------------------------------------------------------------|---------|----------|
| Requirement        | Group 1                                                                                               | Group 2 | Group 3  |
| Entitlement Scale  | 100 gms                                                                                               | 100 gms |          |
| Minimum Serve      | 100 gms                                                                                               | 100 gms |          |
| Number of Serves   | 1                                                                                                     | 1       |          |
| Number of Choices  | 1                                                                                                     | 1       |          |
| 16B                | Custard                                                                                               |         |          |
| Requirement        | Group 1                                                                                               | Group 2 | Group 3  |
| Entitlement Scale  | 50 gms                                                                                                | 50 gms  | *100 gms |
| Minimum Serve      | 50 gms                                                                                                | 50 gms  | 50 gms   |
| Number of Serves   | 1                                                                                                     | 1       | 2        |
| Number of Choices  | 1                                                                                                     | 1       | 1        |
| Delivery Standards |                                                                                                       |         |          |
| 16.1               | Ice cream, custard or yoghurt is available as an accompaniment with dessert. Custard only for Group 3 |         |          |

## Cheese &amp; Crackers

| 17                 | Cheese & Crackers                                      |         |         |
|--------------------|--------------------------------------------------------|---------|---------|
| Requirement        | Group 1                                                | Group 2 | Group 3 |
| Entitlement Scale  | 50 gms                                                 | 50 gms  |         |
| Minimum Serve      | 25 gms                                                 | 25 gms  |         |
| Number of Serves   | 2                                                      | 2       |         |
| Number of Choices  | 3                                                      | 3       |         |
| Delivery Standards |                                                        |         |         |
| 17.1               | Four types of cheese are provided at lunch and dinner  |         |         |
| 17.2               | Two types of crackers are provided at lunch and dinner |         |         |

## Cold &amp; Hot Drinks

| 18A         | Fruit Juice Breakfast |         |         |
|-------------|-----------------------|---------|---------|
| Requirement | Group 1               | Group 2 | Group 3 |

|                                                      |                                                                                                                                                                                            |         |         |
|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|
| Entitlement Scale                                    | 200 ml                                                                                                                                                                                     | 200 ml  |         |
| Minimum Serve                                        | 200 ml                                                                                                                                                                                     | 200 ml  |         |
| Number of Serves                                     | 1                                                                                                                                                                                          | 1       |         |
| Number of Choices                                    | 1                                                                                                                                                                                          | 1       |         |
| <b>18B Fruit Drink Lunch / Dinner</b>                |                                                                                                                                                                                            |         |         |
| Requirement                                          | Group 1                                                                                                                                                                                    | Group 2 | Group 3 |
| Entitlement Scale                                    | 400 ml                                                                                                                                                                                     | 400 ml  |         |
| Minimum Serve                                        | 200 ml                                                                                                                                                                                     | 200 ml  |         |
| Number of Serves                                     | 2                                                                                                                                                                                          | 2       |         |
| Number of Choices                                    | 1                                                                                                                                                                                          | 1       |         |
| <b>18C Hot Beverage (Tea, Coffee, Hot Chocolate)</b> |                                                                                                                                                                                            |         |         |
| Requirement                                          | Group 1                                                                                                                                                                                    | Group 2 | Group 3 |
| Entitlement Scale                                    | 10 gms                                                                                                                                                                                     | 10 gms  | 10 gms  |
| Minimum Serve                                        | 3 gms                                                                                                                                                                                      | 3 gms   | 3 gms   |
| Number of Serves                                     | 3                                                                                                                                                                                          | 3       | 3       |
| Number of Choices                                    | 3                                                                                                                                                                                          | 3       | 3       |
| <b>Delivery Standards</b>                            |                                                                                                                                                                                            |         |         |
| 18.1                                                 | Water is available at all meals. NB: Water needs to be highly visible and easily accessible. Water needs to be in close proximity to cups.                                                 |         |         |
| 18.2                                                 | Fruit juice provided at breakfast has a maximum of 11g sugar per 100ml and a minimum of 20mg Vitamin C per 100ml. NB: Artificially sweetened beverages can not be used.                    |         |         |
| 18.3                                                 | Fruit juice is only available at breakfast. Not available at lunch and dinner.                                                                                                             |         |         |
| 18.4                                                 | Artificially sweetened beverages may be available at lunch and dinner. NB: Aim to phase this out within 12 months. All artificially sweetened beverages need to be labelled appropriately. |         |         |
| 18.5                                                 | High sugar, carbonated beverages are not available.                                                                                                                                        |         |         |
| 18.6                                                 | No other drinks are to be provided. Eg: iced tea and sugar sweetened cordial                                                                                                               |         |         |
| 18.7                                                 | Tea, coffee and hot chocolate teabags/powder is available at all meals.                                                                                                                    |         |         |

## NZDF Specifications for Monthly Catering Scales per Individual

| Item                      |                                                                                                                                                             | Entitlement Scale |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| <b>19A</b>                | Cream & Sour Cream                                                                                                                                          | 150 ml            |
| <b>19B</b>                | Milk Canned Sweet                                                                                                                                           | 120 ml            |
| <b>19C</b>                | UHT Milk/Cream                                                                                                                                              | 380 ml            |
| <b>Delivery Standards</b> |                                                                                                                                                             |                   |
| 19.1                      | Cream as a cooking ingredient can not be used more than once per week. Eg: Curry, soups, pasta dishes, baked products, desserts and puddings.               |                   |
| 19.2                      | Cream as an accompaniment can not be used more than twice per week. Eg: Cream served with dessert, cream filled baked products and cream garnish with soup. |                   |
| 19.3                      | Coconut milk/cream can not be used more than twice per week.                                                                                                |                   |
| 19.4                      | Sour cream in cooking or as an accompaniment can not be served more than twice per week. Eg: Soup, jacket potato, nachos and beef stroganoff.               |                   |
| 19.5                      | Natural unsweetened yoghurt can be used as a substitute                                                                                                     |                   |
| Item                      |                                                                                                                                                             | Entitlement Scale |
| <b>20</b>                 | Soup Powder                                                                                                                                                 | 80 gms            |
| <b>Delivery Standards</b> |                                                                                                                                                             |                   |
| 21.1                      | Soup is available from Anzac Day to Labour Day. Optional to offer outside these dates.                                                                      |                   |

|      |                                                                                                                                                                                               |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 21.2 | A variety of soups are available throughout the week at lunch and dinner. NB: Limitations for standards such as manufactured meat, cream and sour cream also need to be considered with soup. |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| Item                      |                                                                                                                                                                                                  | Entitlement Scale |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| <b>21</b>                 | Fats & Oils                                                                                                                                                                                      | 600 gms           |
| <b>Delivery Standards</b> |                                                                                                                                                                                                  |                   |
| 21.1                      | The deep-frying fat medium is either a high oleic sunflower or high oleic, low linolenic canola. NB: Saturated and Trans fat: Maximum 20% of total fat. Linolenic acid: Maximum 3% of total fat. |                   |
| 21.2                      | Fat for pan frying, stir-frying and shallow frying is canola or olive oil.                                                                                                                       |                   |
| 21.3                      | A maximum of two menu items per week can be deep-fried. Baking is a suitable alternative to deep frying.                                                                                         |                   |

| Item                      |                                    | Entitlement Scale |
|---------------------------|------------------------------------|-------------------|
| <b>22</b>                 | Salt                               | 150gms            |
| <b>23</b>                 | Pepper (White Ground)              | 8 gms             |
| <b>Delivery Standards</b> |                                    |                   |
| 22.1                      | Salt in cooking is used sparingly. |                   |
| 22.2                      | All salt is iodised.               |                   |

| Item                      |                                                                                                                                                                                      | Entitlement Scale |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| <b>24</b>                 | Stock Cubes                                                                                                                                                                          | 40g               |
| <b>25</b>                 | Sauces                                                                                                                                                                               | 50ml              |
| <b>26</b>                 | Vinegar                                                                                                                                                                              | 70ml              |
| <b>27</b>                 | Herbs Mixed / Spices                                                                                                                                                                 | 12g               |
| <b>28</b>                 | Curry Powder                                                                                                                                                                         | 16g               |
| <b>Delivery Standards</b> |                                                                                                                                                                                      |                   |
| 24.1                      | A variety of dressings and sauces are available for self-service. This must include an Extra Virgin Olive Oil. Eg: French, tartare, tomato, mayonnaise, balsamic, soy and olive oil. |                   |

| Item      |                   | Entitlement Scale |
|-----------|-------------------|-------------------|
| <b>29</b> | Mustard           | 10g               |
| <b>30</b> | Garlic/ Ginger    | 16g               |
| <b>31</b> | Cinnamon          | 4g                |
| <b>32</b> | Sugar             | 1200g             |
| <b>33</b> | Flour             | 1500g             |
| <b>34</b> | Long Grain Rice   | 700g              |
| <b>35</b> | Eggs              | 28 each           |
| <b>36</b> | Baking Powder     | 14g               |
| <b>37</b> | Baking Soda       | 4g                |
| <b>38</b> | Dried Fruits      | 150g              |
| <b>39</b> | Oatmeal           | 120g              |
| <b>40</b> | Jelly Powders     | 60g               |
| <b>41</b> | Custard Powder    | 100g              |
| <b>42</b> | Cocoa Powder      | 10g               |
| <b>43</b> | Cornflour         | 60g               |
| <b>44</b> | Pickles / Chutney | 120g              |

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Prime Catering Menu- Autumn 2024





**Available During  
Breakfast, Lunch and  
Dinner**



# Breakfast Service



# WEEK 1 Breakfast

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|                |           | Monday                            | Tuesday                       | Wednesday                     | Thursday                          | Friday                        | Saturday                      | Sunday                        |
|----------------|-----------|-----------------------------------|-------------------------------|-------------------------------|-----------------------------------|-------------------------------|-------------------------------|-------------------------------|
| BREAKFAST      |           |                                   |                               |                               |                                   |                               |                               |                               |
| Cereals        | Cereal 1  | Porridge- RD12291                 | Cornflakes - RD11375          | Coco pops - RD11369           | Weet-Bix - RD11370                | Porridge- RD12291             | Weet-Bix - RD11370            | Porridge- RD12291             |
|                | Cereal 2  | Weet-Bix - RD11370                | Porridge- RD12291             | Porridge- RD12291             | Porridge- RD12291                 | Ricies - RD11374              | Porridge- RD12291             | Cornflakes- RD11375           |
|                | Muesli 1  | Toasted Muesli - RD11371          | Toasted Muesli - RD11371      | Toasted Muesli - RD11371      | Toasted Muesli - RD11371          | Toasted Muesli - RD11371      | Toasted Muesli - RD11371      | Toasted Muesli - RD11371      |
|                | Muesli 2  |                                   |                               |                               |                                   |                               |                               |                               |
|                |           | Natural Muesli - RD11372          | Natural Muesli - RD11372      | Natural Muesli - RD11372      | Natural Muesli - RD11372          | Natural Muesli - RD11372      | Natural Muesli - RD11372      | Natural Muesli - RD11372      |
| Hot Breakfast  | Standard  | Baked Beans - RD11389             | Baked Beans - RD11389         | Baked Beans - RD11389         | Baked Beans - RD11389             | Baked Beans - RD11389         | Baked Beans - RD11389         | Baked Beans - RD11389         |
|                |           | Breakfast Spaghetti - RD11390     | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390     | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390 |
|                | Egg 1     | Scramble Egg - RD11391            | Boiled Egg - RD10884          | Scramble Egg - RD11391        | Poached Egg - RD10795             | Scramble Egg - RD11391        | Poached Egg - RD10795         | Scramble Egg - RD11391        |
|                | Egg 2     | Poached Egg - RD10795             | Frittata - RD12298            |                               | Scramble Egg - RD11391            | Boiled Egg - RD10884          | Frittata - RD12298            | Boiled Egg - RD10884          |
| Breakfast Meat | Protein 1 | Savoury Breakfast Mince - RD11392 |                               |                               | Savoury Breakfast Mince - RD11392 |                               |                               |                               |
|                | Protein2  |                                   | Crispy Bacon - RD10789        | Breakfast Sausages - RD11394  |                                   | Crispy Bacon - RD10789        | Breakfast Sausages - RD11394  | Crispy Bacon - RD10789        |
| Canned Fruit   |           |                                   |                               |                               |                                   |                               |                               |                               |
|                |           | Canned Apricot - RD11397          | Canned Pear - RD11398         | Canned Peach - RD11399        | Canned Apricot - RD11397          | Canned Pear - RD11398         | Canned Peach - RD11399        | Canned Apricot - RD11397      |
| Fruit Juice    |           |                                   |                               |                               |                                   |                               |                               |                               |
|                |           | Orange Juice - RD11518            | Orange Juice - RD11518        | Orange Juice - RD11518        | Orange Juice - RD11518            | Orange Juice - RD11518        | Orange Juice - RD11518        | Orange Juice - RD11518        |
| Dairy          | Yogurt    | Unsweetened Yoghurt - RD11376     | Greek Yoghurt - RD11377       | Unsweetened Yoghurt - RD11376 | Greek Yoghurt - RD11377           | Unsweetened Yoghurt - RD11376 | Greek Yoghurt - RD11377       | Unsweetened Yoghurt - RD11376 |
|                |           |                                   |                               |                               |                                   |                               |                               |                               |
| Special        |           |                                   |                               | Hash brown - RD11041          |                                   |                               |                               |                               |

# WEEK 2 Breakfast

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|                |               | Monday                            | Tuesday                       | Wednesday                     | Thursday                          | Friday                        | Saturday                      | Sunday                        |
|----------------|---------------|-----------------------------------|-------------------------------|-------------------------------|-----------------------------------|-------------------------------|-------------------------------|-------------------------------|
| BREAKFAST      |               |                                   |                               |                               |                                   |                               |                               |                               |
| Cereals        | Cereal 1      | Porridge- RD12291                 | Cornflakes - RD11375          | Coco pops - RD11369           | Weet-Bix - RD11370                | Porridge- RD12291             | Weet-Bix - RD11370            | Porridge- RD12291             |
|                | Cereal 2      | Weet-Bix - RD11370                | Porridge- RD12292             | Porridge- RD12291             | Porridge- RD12291                 | Ricies - RD11374              | Porridge- RD12291             | Cornflakes- RD11375           |
|                | Muesli 1      | Toasted Muesli - RD11371          | Toasted Muesli - RD11371      | Toasted Muesli - RD11371      | Toasted Muesli - RD11371          | Toasted Muesli - RD11371      | Toasted Muesli - RD11371      | Toasted Muesli - RD11371      |
|                | Muesli 2      | Natural Muesli - RD11372          | Natural Muesli - RD11372      | Natural Muesli - RD11372      | Natural Muesli - RD11372          | Natural Muesli - RD11372      | Natural Muesli - RD11372      | Natural Muesli - RD11372      |
|                | Hot Breakfast | Standard                          | Baked Beans - RD11389         | Baked Beans - RD11389         | Baked Beans - RD11389             | Baked Beans - RD11389         | Baked Beans - RD11389         | Baked Beans - RD11389         |
|                |               | Breakfast Spaghetti - RD11390     | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390     | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390 |
|                | Egg 1         | Scramble Egg - RD11391            | Boiled Egg - RD10884          | Scramble Egg - RD11391        | Poached Egg - RD10795             | Scramble Egg - RD11391        | Poached Egg - RD10795         | Scramble Egg - RD11391        |
|                | Egg 2         | Poached Egg - RD10795             | Frittata - RD12298            |                               | Scramble Egg - RD11391            | Boiled Egg - RD10884          | Frittata - RD12298            | Boiled Egg - RD10884          |
| Breakfast Meat | Protein 1     | Savoury Breakfast Mince - RD11392 |                               |                               | Savoury Breakfast Mince - RD11392 |                               |                               |                               |
|                | Protein2      |                                   | Crispy Bacon - RD10789        | Breakfast Sausages - RD11394  |                                   | Crispy Bacon - RD10789        | Breakfast Sausages - RD11394  | Crispy Bacon - RD10789        |
| Canned Fruit   |               |                                   |                               |                               |                                   |                               |                               |                               |
|                |               | Canned Apricot - RD11397          | Canned Pear - RD11398         | Canned Peach - RD11399        | Canned Apricot - RD11397          | Canned Pear - RD11398         | Canned Peach - RD11399        | Canned Apricot - RD11397      |
| Fruit Juice    |               |                                   |                               |                               |                                   |                               |                               |                               |
|                |               | Orange Juice - RD11518            | Orange Juice - RD11518        | Orange Juice - RD11518        | Orange Juice - RD11518            | Orange Juice - RD11518        | Orange Juice - RD11518        | Orange Juice - RD11518        |
| Dairy          | Yogurt        |                                   |                               | Unsweetened Yoghurt - RD11376 |                                   | Unsweetened Yoghurt - RD11376 |                               | Unsweetened Yoghurt - RD11376 |
|                |               | Unsweetened Yoghurt - RD11376     | Greek Yoghurt - RD11377       |                               | Greek Yoghurt - RD11377           |                               | Greek Yoghurt - RD11377       |                               |
| Special        |               |                                   |                               | Pancakes- RD11961             |                                   |                               |                               |                               |

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**WEEK 3 Breakfast** Released under the Official Information Act 1982

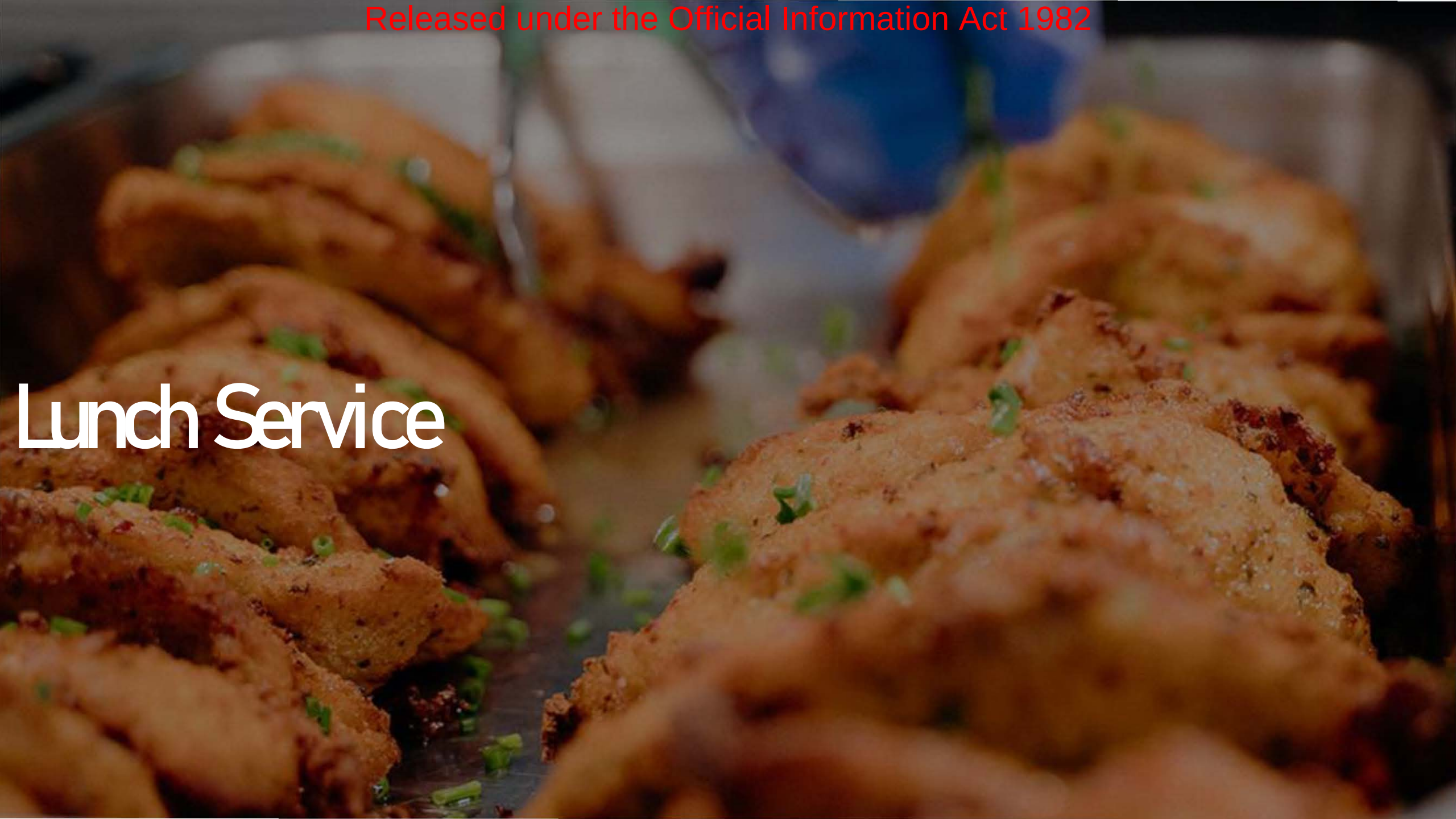
|                |               | Monday                            | Tuesday                       | Wednesday                     | Thursday                          | Friday                        | Saturday                      | Sunday                        |
|----------------|---------------|-----------------------------------|-------------------------------|-------------------------------|-----------------------------------|-------------------------------|-------------------------------|-------------------------------|
| BREAKFAST      |               |                                   |                               |                               |                                   |                               |                               |                               |
| Cereals        | Cereal 1      | Porridge- RD12291                 | Cornflakes - RD11375          | Coco pops - RD11369           | Weet-Bix - RD11370                | Porridge- RD12291             | Weet-Bix - RD11370            | Porridge- RD12291             |
|                | Cereal 2      | Weet-Bix - RD11370                | Porridge- RD12291             | Porridge- RD12291             | Porridge- RD12291                 | Ricies - RD11374              | Porridge- RD12291             | Cornflakes- RD11375           |
|                | Muesli 1      | Toasted Muesli - RD11371          | Toasted Muesli - RD11371      | Toasted Muesli - RD11371      | Toasted Muesli - RD11371          | Toasted Muesli - RD11371      | Toasted Muesli - RD11371      | Toasted Muesli - RD11371      |
|                | Muesli 2      | Natural Muesli - RD11372          | Natural Muesli - RD11372      | Natural Muesli - RD11372      | Natural Muesli - RD11372          | Natural Muesli - RD11372      | Natural Muesli - RD11372      | Natural Muesli - RD11372      |
|                | Hot Breakfast | Standard                          | Baked Beans - RD11389         | Baked Beans - RD11389         | Baked Beans - RD11389             | Baked Beans - RD11389         | Baked Beans - RD11389         | Baked Beans - RD11389         |
|                |               | Breakfast Spaghetti - RD11390     | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390     | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390 |                               |
|                | Egg 1         | Scramble Egg - RD11391            | Boiled Egg - RD10884          | Scramble Egg - RD11391        | Poached Egg - RD10795             | Scramble Egg - RD11391        | Poached Egg - RD10795         | Scramble Egg - RD11391        |
|                | Egg 2         | Poached Egg - RD10795             | Frittata - RD12298            |                               | Scramble Egg - RD11391            | Boiled Egg - RD10884          | Frittata - RD12298            | Boiled Egg - RD10884          |
| Breakfast Meat | Protein 1     | Savoury Breakfast Mince - RD11392 |                               |                               | Savoury Breakfast Mince - RD11392 |                               |                               |                               |
|                | Protein2      |                                   | Crispy Bacon - RD10789        | Breakfast Sausages - RD11394  |                                   | Crispy Bacon - RD10789        | Breakfast Sausages - RD11394  | Crispy Bacon - RD10789        |
| Canned Fruit   |               | Canned Apricot - RD11397          | Canned Pear - RD11398         | Canned Peach - RD11399        | Canned Apricot - RD11397          | Canned Pear - RD11398         | Canned Peach - RD11399        | Canned Apricot - RD11397      |
| Fruit Juice    |               | Orange Juice - RD11518            | Orange Juice - RD11518        | Orange Juice - RD11518        | Orange Juice - RD11518            | Orange Juice - RD11518        | Orange Juice - RD11518        | Orange Juice - RD11518        |
| Dairy          | Yogurt        | Unsweetened Yoghurt - RD11376     | Greek Yoghurt - RD11377       | Unsweetened Yoghurt - RD11376 | Greek Yoghurt - RD11377           | Unsweetened Yoghurt - RD11376 | Greek Yoghurt - RD11377       | Unsweetened Yoghurt - RD11376 |
|                |               |                                   |                               | Hash brown - RD11041          |                                   |                               |                               |                               |
| Special        |               |                                   |                               |                               |                                   |                               |                               |                               |

# WEEK 4 Breakfast

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|                |           | Monday                            | Tuesday                       | Wednesday                     | Thursday                          | Friday                        | Saturday                      | Sunday                        |
|----------------|-----------|-----------------------------------|-------------------------------|-------------------------------|-----------------------------------|-------------------------------|-------------------------------|-------------------------------|
| BREAKFAST      |           |                                   |                               |                               |                                   |                               |                               |                               |
| Cereals        | Cereal 1  | Porridge- RD12291                 | Cornflakes - RD11375          | Coco pops - RD11369           | Weet-Bix - RD11370                | Porridge- RD12291             | Weet-Bix - RD11370            | Porridge- RD12291             |
|                | Cereal 2  | Weet-Bix - RD11370                | Porridge- RD12291             | Porridge- RD12291             | Porridge- RD12291                 | Ricies - RD11374              | Porridge- RD12291             | Cornflakes- RD11375           |
|                | Muesli 1  | Toasted Muesli - RD11371          | Toasted Muesli - RD11371      | Toasted Muesli - RD11371      | Toasted Muesli - RD11371          | Toasted Muesli - RD11371      | Toasted Muesli - RD11371      | Toasted Muesli - RD11371      |
|                | Muesli 2  | Natural Muesli - RD11372          | Natural Muesli - RD11372      | Natural Muesli - RD11372      | Natural Muesli - RD11372          | Natural Muesli - RD11372      | Natural Muesli - RD11372      | Natural Muesli - RD11372      |
|                |           |                                   |                               |                               |                                   |                               |                               |                               |
| Hot Breakfast  | Standard  | Baked Beans - RD11389             | Baked Beans - RD11389         | Baked Beans - RD11389         | Baked Beans - RD11389             | Baked Beans - RD11389         | Baked Beans - RD11389         | Baked Beans - RD11389         |
|                |           | Breakfast Spaghetti - RD11390     | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390     | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390 | Breakfast Spaghetti - RD11390 |
|                | Egg 1     | Scramble Egg - RD11391            | Boiled Egg - RD10884          | Scramble Egg - RD11391        | Poached Egg - RD10795             | Scramble Egg - RD11391        | Poached Egg - RD10795         | Scramble Egg - RD11391        |
|                | Egg 2     | Poached Egg - RD10795             | Frittata - RD12298            |                               | Scramble Egg - RD11391            | Boiled Egg - RD10884          | Frittata - RD12298            | Boiled Egg - RD10884          |
|                |           |                                   |                               |                               |                                   |                               |                               |                               |
| Breakfast Meat | Protein 1 | Savoury Breakfast Mince - RD11392 |                               |                               | Savoury Breakfast Mince - RD11392 |                               |                               |                               |
|                | Protein2  |                                   | Crispy Bacon - RD10789        | Breakfast Sausages - RD11394  |                                   | Crispy Bacon - RD10789        | Breakfast Sausages - RD11394  | Crispy Bacon - RD10789        |
| Canned Fruit   |           | Canned Apricot - RD11397          | Canned Pear - RD11398         | Canned Peach - RD11399        | Canned Apricot - RD11397          | Canned Pear - RD11398         | Canned Peach - RD11399        | Canned Apricot - RD11397      |
| Fruit Juice    |           | Orange Juice - RD11518            | Orange Juice - RD11518        | Orange Juice - RD11518        | Orange Juice - RD11518            | Orange Juice - RD11518        | Orange Juice - RD11518        | Orange Juice - RD11518        |
| Dairy          | Yogurt    | Unsweetened Yoghurt - RD11376     | Greek Yoghurt - RD11377       | Unsweetened Yoghurt - RD11376 | Greek Yoghurt - RD11377           | Unsweetened Yoghurt - RD11376 | Greek Yoghurt - RD11377       | Unsweetened Yoghurt - RD11376 |
|                |           |                                   |                               |                               |                                   |                               |                               |                               |
| Special        |           |                                   |                               | Croissant- RD11962            |                                   |                               |                               |                               |

# Lunch Service



# WEEK 1 Lunch

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|                                 |           | Monday                                               | Tuesday                                                     | Wednesday                                            | Thursday                                    | Friday                                                  | Saturday                                    | Sunday                                     |
|---------------------------------|-----------|------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------|---------------------------------------------|---------------------------------------------------------|---------------------------------------------|--------------------------------------------|
| Plain Hot Cereal or Grain       |           | Plain Spaghetti Pasta - RD11355                      | Basmati Rice w. Sesame seeds and Spring Onions - RD11416    | Mix Quinoa - RD11442                                 | Gnocchi - RD11459                           | Plain Basmati Rice - RD11453                            | Fried Rice - RD11486                        | Plain Fusilli Pasta - RD11498              |
| Hot Starchy Vegetable           |           | Roasted Parsnip and Carrots w. Rosemary - RD11356    | Roasted Pumpkin w. Rosemary - RD11418                       | Crushed Potatoes w. Rosemary Oil - RD11443           | Roasted Kumara w. Maple - RD11460           | Crispy Fries - RD11472                                  | Glazed Carrots - RD11487                    | Baked Potatoes - RD11499                   |
| Hot Vegetable                   |           | Steamed Broccoli - RD11246                           | Grill Vegetables - RD11420                                  | Baked Onions - RD11444                               | Buttered Leeks - RD11461                    | Confit Cabbage - RD11473                                | Sauteed Mushrooms - RD11174                 | Steamed Cauliflower - RD11245              |
| Soup                            |           |                                                      | Chicken Noodle Soup- RD12305                                |                                                      | Miso Soup- RD12304                          |                                                         |                                             |                                            |
| Meats                           | Protein 1 | Chicken Fricassee - RD11401                          | Butter Chicken - RD11432                                    | Roasted Chicken Provenzal - RD11541                  | Creamy Pesto Chicken - RD11547              | Chicken Burger w. Cheddar Cheese and Gherkins - RD11553 | Sesame Soy Chicken - RD11654                | Chicken Alfredo - RD11568                  |
|                                 | Protein 2 | Beef Bolognese - RD11409                             | Herby Dijon Roast Beef - RD11537                            | Black Worcestershire Beef - RD11542                  | Smoked Brisket- RD11548                     | Rump Steak w. Mushroom Sauce - RD11554                  | Beef Bulgogi Stir-fry - RD11561             | Roast Beef w. French Onion Gravy - RD11569 |
|                                 | Protein 3 | Baked Fish w. Pomarolla Sauce - RD11419              | Smoked Lamb Shoulder - RD11538                              | Crispy Pork Belly w. Maple Glazed - RD11543          | Venison Stew - RD11588                      | Crumbed Fish w. Lemon - RD11555                         | Braised Lamb - RD11549                      | Macaroni & Cheese w. Pork Belly - RD11570  |
| Plant Based Protein             |           | Plant Based Chicken Ragu - RD11406                   | Vegan Butter Chicken - RD11421                              | Plant Based Sausages w. Grilled Vegetables - RD11445 | Soy Glazed Tofu - RD11462                   | Plant Based Burger w. Hummus and Gherkins - RD11476     | Tofu Bibimbap - RD11488                     | Tempered Chickpeas and Tofu - RD11500      |
| Legume, Cereals or Grains Salad |           | Black Beans Salad - RD11242                          | Green Beans, Feta and Cauliflower Salad - RD11244           | Chickpeas Salad - RD11446                            | Farro and Spinach Salad - RD11261           | White Beans and Broccoli Salad - RD11477                | Grilled Eggplant and Barley Salad - RD11489 | Vegetarian Caesar Salad - RD11237          |
| Starchy Salad                   |           | Potatoes, Carrot, Pea and Mayonnaise Salad - RD11403 | Peas, Spinach, Olives and Sundried Tomatoes Salad - RD11424 | Potato and Egg Salad - RD11248                       | Mediterranean Fusilli Pasta Salad - RD11250 | Potato Salad w. Creamy Mustard Dressing - RD11478       | Spicy Kimchi Salad - RD11252                | Beetroot and Feta Salad - RD11259          |
| B.Y.O Salad                     | Option 1  | Boiled Egg - RD10884                                 | Boiled Egg - RD10884                                        | Boiled Egg - RD10884                                 | Boiled Egg - RD10884                        | Boiled Egg - RD10884                                    | Boiled Egg - RD10884                        | Boiled Egg - RD10884                       |
|                                 | Option 2  | Cucumber Slices - RD11353                            | Grated Carrots - RD11425                                    | Coleslaw - RD11447                                   | Tomato Slices - RD11412                     | Tomato Slices - RD11412                                 | Coleslaw - RD11447                          | Red Onion Slices - RD11436                 |
|                                 | Option 3  | Sweetcorn - RD11354                                  | Green Beans - RD12296                                       | Green Peas - RD12297                                 | Asparagus Spears - RD11437                  | Red Onion Slices - RD11436                              | Green Beans - RD12296                       | Sweetcorn - RD11354                        |
|                                 | Option 4  | Mix Lettuce - RD11404                                | Cos Lettuce - RD11413                                       | Rocket - RD11448                                     | Mix Lettuce - RD11404                       | Cos Lettuce - RD11413                                   | Mix Lettuce - RD11404                       | Rocket - RD11448                           |
|                                 | Option 5  | Toasted Sunflower Seeds - RD11405                    | Toasted Pumpkin Seeds - RD11169                             | Toasted Almonds Slices - RD11449                     | Toasted Walnuts - RD11438                   | Toasted Peanuts - RD11016                               | Toasted Sesame Seeds Mix - RD11585          | Toasted Sunflower Seeds - RD11405          |
| Baked Products                  |           | Salted Caramel Slice - RD12284                       | Cocoa Cookie - RD12285                                      | Banana Cake Slice - RD11452                          | Carrot Cake Slice - RD11463                 | Banana Chocolate Cake - RD11479                         | Chocolate and Raspberry Brownie - RD12286   | Cinnamon and Sugar Donuts - RD12287        |
| Cheese                          |           | Selection of Cheeses - RD11509                       |                                                             |                                                      |                                             |                                                         |                                             |                                            |
| Crackers                        |           | Selection of Crackers - RD11516                      |                                                             |                                                      |                                             |                                                         |                                             |                                            |
| Fruit Drink                     |           | Selection of Fruit Drink - RD11586                   |                                                             |                                                      |                                             |                                                         |                                             |                                            |
| Flavoured Milk                  |           | Flavoured Milk Banana - RD11400                      | Flavoured Milk Strawberry - RD11514                         | Flavoured Milk Chocolate - RD11515                   | Flavoured Milk Banana - RD11400             | Flavoured Milk Strawberry - RD11514                     | Flavoured Milk Chocolate - RD11515          | Flavoured Milk Banana - RD11400            |

# WEEK 2 Lunch

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|                                 |           | Monday                                                   | Tuesday                                             | Wednesday                                                       | Thursday                                             | Friday                                                     | Saturday                                                  | Sunday                                                  |
|---------------------------------|-----------|----------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------|
| Plain Hot Cereal or Grain       |           | Brown Rice- RD11867                                      | Plain Basmati Rice - RD11453                        | Rice Pilaf - RD11347                                            | Farro - RD11480                                      | Plain Spaghetti Pasta - RD11355                            | Couscous - RD11464                                        | Plain Barley- RD11871                                   |
| Hot Starchy Vegetable           |           | Potato Wedges w. Rosemary- RD11878                       | Steamed Potatoes w. Butter and Fresh Herbs- RD11875 | Rustic Roasted Potatoes w. Smoked Paprika and Parsley - RD11430 | Herbs Roasted Potatoes- RD11885                      | Creamy Mashed Potatoes w. Garlic - RD11348                 | Chili-Honey Roasted Sweet Potatoes w. Lime Juice- RD11888 | Mashed Potatoes and Leek w. Thyme- RD11880              |
| Hot Vegetable                   |           | 1 Green Beans Almondine- RD11872                         | Grill Cauliflower Steaks - RD11492                  | Roasted Parsnip w. Thyme - RD11491                              | Sauteed Silverbeet w. Pine nuts - RD11455            | Green Beans w. Garlic Oil - RD11350                        | Steamed Broccoli and Sweet Roasted Red Onion- RD11910     | Grill Vegetables - RD11420                              |
| Soup                            |           |                                                          | Potato and Leek Soup- RD12307                       |                                                                 | Minestrone Soup- RD12308                             |                                                            |                                                           |                                                         |
| Meats                           | Protein 1 | Chicken Katsu - RD11963                                  | Red Curry Chicken - RD11974                         | Chicken Pot Pie - RD11969                                       | Roasted Buffalo Chicken - RD11967                    | Chicken Parmigiana - RD11971                               | Peri Peri Chicken - RD11964                               | Roasted Cramberry Chicken - RD11970                     |
|                                 | Protein 2 | Sticky Beef - RD11989                                    | Beef Vindaloo - RD11986                             | Shepherd's Pie - RD11990                                        | Spiced Brisket w. Chilli, Lime and Peanut - RD12006  | Italian Meatballs - RD12007                                | Beef Shawarma - RD11987                                   | Beef Massaman Curry - RD12003                           |
|                                 | Protein 3 | Spicy Fish Teriyaki- RD12019                             | Lamb Biryani- RD12012                               | Stuffed Porchetta w. Herbs - RD11573                            | Fish Pie- RD12015                                    | Old School Pork Sausage w. Onion Gravy- RD12017            | Fish Stew - RD11558                                       | Mustard- Glazed Pork- RD12008                           |
| Plant Based Protein             |           | Spicy Pulled Hemp- RD11919                               | Spinach, Pumpkin and Lentil Curry- RD11926          | Plant Based Pie- RD11922                                        | Crispy Mustard and Soy Glazed Tempeh Steaks- RD11920 | Mustard and Garlic Grilled Plant Based Sausages- RD11918   | Jackfruit Shawarma- RD11916                               | Tofu Curry- RD11929                                     |
| Legume, Cereals or Grains Salad |           | Puy Lentils, Soy Beans, Peas and Broccoli Salad- RD11934 | Tabbouleh Salad- RD11942                            | Mixed Beans and Brown Rice Salad- RD11935                       | Barley, Apricots, Herbs and Walnuts Salad- RD11941   | Orzo, Olives, Tomato, Onion and Walnuts Salad- RD11939     | Mediterranean Quinoa Salad- RD11937                       | Cannellini Bean and Egg w. Crispy Crumbs Salad- RD11933 |
| Starchy Salad                   |           | Chickpeas and Potato Salad- RD11903                      | Potatoes, Green Beans, Egg and Mayo salad- RD11897  | Green Beans Nicoise Salad (Vegetarian)- RD11901                 | Potato and Egg Salad - RD11248                       | Roasted Sweet Potato, Farro and Feta Cheese Salad- RD11900 | Potatoes and Celery Salad - RD11239                       | BLT Potato Salad- RD11945                               |
| B.Y.O Salad                     | Option 1  | Boiled Egg - RD10884                                     | Boiled Egg - RD10884                                | Boiled Egg - RD10884                                            | Boiled Egg - RD10884                                 | Boiled Egg - RD10884                                       | Boiled Egg - RD10884                                      | Boiled Egg - RD10884                                    |
|                                 | Option 2  | Cucumber Slices - RD11353                                | Grated Carrots - RD11425                            | Coleslaw - RD11447                                              | Tomato Slices - RD11412                              | Tomato Slices - RD11412                                    | Coleslaw - RD11447                                        | Red Onion Slices - RD11436                              |
|                                 | Option 3  | Sweetcorn - RD11354                                      | Green Beans - RD12296                               | Green Peas - RD12297                                            | Asparagus Spears - RD11437                           | Red Onion Slices - RD11436                                 | Green Beans - RD12296                                     | Sweetcorn - RD11354                                     |
|                                 | Option 4  | Mix Lettuce - RD11404                                    | Cos Lettuce - RD11413                               | Rocket - RD11448                                                | Mix Lettuce - RD11404                                | Cos Lettuce - RD11413                                      | Mix Lettuce - RD11404                                     | Rocket - RD11448                                        |
|                                 | Option 5  | Toasted Sunflower Seeds - RD11405                        | Toasted Pumpkin Seeds - RD11169                     | Toasted Almonds Slices - RD11449                                | Toasted Walnuts - RD11438                            | Toasted Peanuts - RD11016                                  | Toasted Sesame Seeds Mix - RD11585                        | Toasted Sunflower Seeds - RD11405                       |
| Baked Products                  |           | Berries and White Chocolate Muffins- RD11955             | Shortbread Cookies- RD11960                         | Apple Shortcake Slice- RD11953                                  | Double Chocolate Chips Muffins- RD11956              | Yoyo Biscuit- RD11959                                      | Orange and Almond Muffins- RD11957                        | Banana and Walnuts Muffins- RD11958                     |
| Cheese                          |           | Selection of Cheeses - RD11509                           |                                                     |                                                                 |                                                      |                                                            |                                                           |                                                         |
| Crackers                        |           | Selection of Crackers - RD11516                          |                                                     |                                                                 |                                                      |                                                            |                                                           |                                                         |
| Fruit Drink                     |           | Selection of Fruit Drink - RD11586                       |                                                     |                                                                 |                                                      |                                                            |                                                           |                                                         |
| Flavored Milk                   |           | Flavoured Milk Banana - RD11400                          | Flavoured Milk Strawberry RD11514                   | Flavoured Milk Chocolate - RD11515                              | Flavoured Milk Banana - RD11400                      | Flavoured Milk Strawberry - RD11514                        | Flavoured Milk Chocolate - RD11515                        | Flavoured Milk Banana - RD11400                         |

# WEEK 3 Lunch

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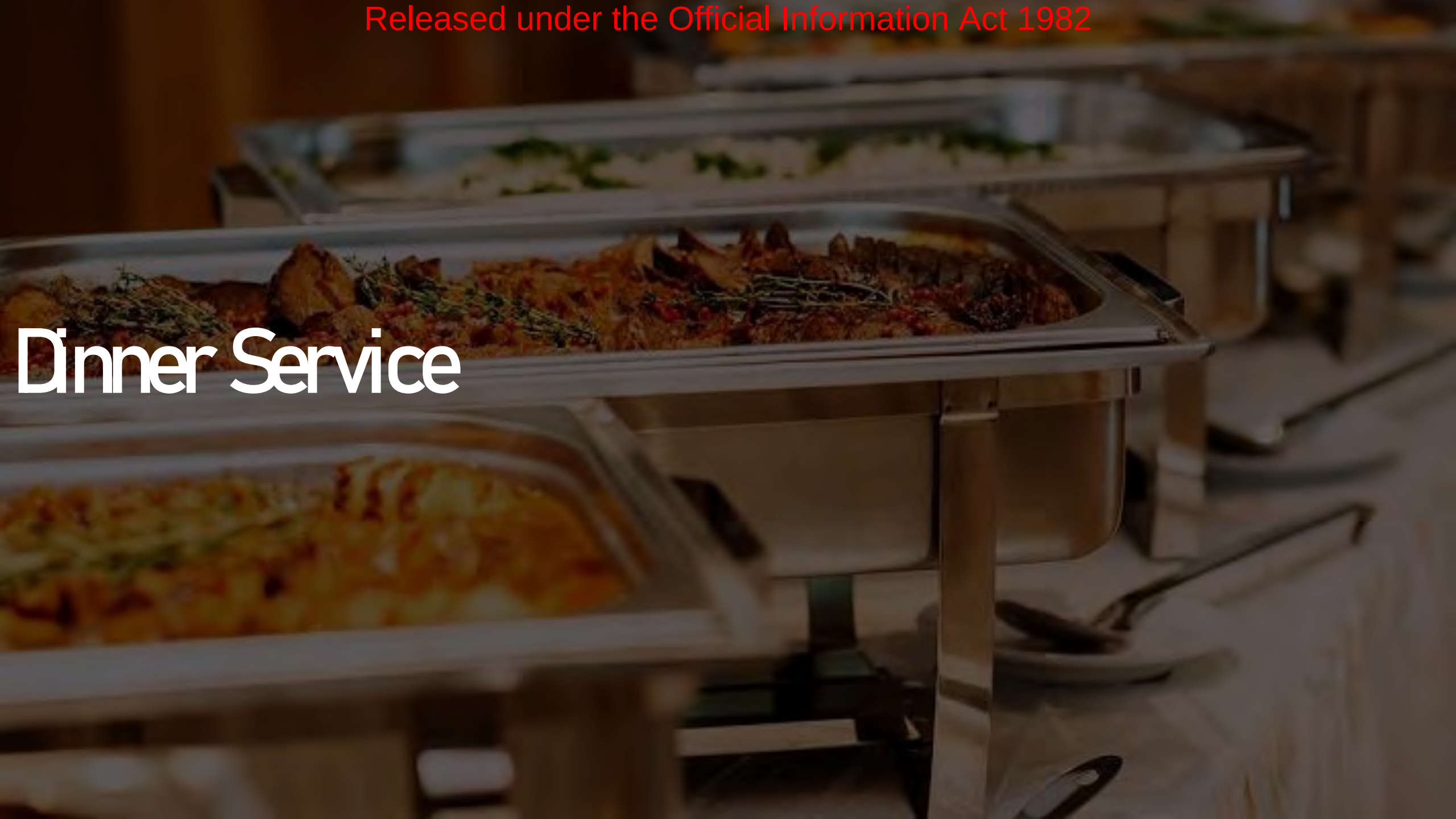
|                                 |  | Monday                                               | Tuesday                                                     | Wednesday                                            | Thursday                                    | Friday                                                  | Saturday                                    | Sunday                                      |
|---------------------------------|--|------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------|---------------------------------------------|---------------------------------------------------------|---------------------------------------------|---------------------------------------------|
| Plain Hot Cereal or Grain       |  | Plain Spaghetti Pasta - RD11355                      | Basmati Rice w. Sesame seeds and Spring Onions - RD11416    | Mix Quinoa - RD11442                                 | Gnocchi - RD11459                           | Plain Basmati Rice - RD11453                            | Fried Rice - RD11486                        | Plain Fusilli Pasta - RD11498               |
| Hot Starchy Vegetable           |  | Roasted Parsnip and Carrots w. Rosemary - RD11356    | Roasted Pumpkin w. Rosemary - RD11418                       | Crushed Potatoes w. Rosemary Oil - RD11443           | Roasted Kumara w. Agave - RD11460           | Crispy Fries - RD11472                                  | Glazed Carrots - RD11487                    | Baked Potatoes - RD11499                    |
| Hot Vegetable                   |  | 1 Steamed Broccoli - RD11246                         | Grill Vegetables - RD11420                                  | Baked Onions - RD11444                               | Buttered Leeks - RD11461                    | Confit Cabbage - RD11473                                | Sauteed Mushrooms - RD11174                 | Steamed Cauliflower - RD11245               |
| Soup                            |  |                                                      | Chicken Noodle Soup- RD12305                                |                                                      | Miso Soup- RD12304                          |                                                         |                                             |                                             |
| Meats                           |  | Protein 1 Buttermilk Fried Chicken- RD11894          | Butter Chicken - RD11432                                    | Creamy Chicken Lasagna - RD11966                     | Chicken Cacciatore - RD11571                | Chicken Burger w. Cheddar Cheese and Gherkins - RD11553 | Honey Mustard Chicken - RD11975             | Lemon and Herbs Roasted Chicken - RD10498   |
|                                 |  | Protein 2 Beef Bolognese - RD11409                   | Puttanesca Beef Cheek - RD11995                             | Beef Lasagne - RD11539                               | Beef Goulash - RD11572                      | Rump Steak w. Mushroom Sauce - RD11554                  | Herby Dijon Roast Beef - RD11537            | Slow Cooked Beef Bolar with Gravy - RD12000 |
|                                 |  | Protein 3 Venison Stew - RD11588                     | Smoked Lamb Shoulder - RD11538                              | Crispy Pork Belly w. Maple Glazed - RD11543          | Soy Braised Pork Belly- RD12009             | Crumbed Fish w. Lemon - RD11555                         | Sweet and Sour Pork - RD11589               | Baked Fish w. Pomarolla Sauce - RD11419     |
| Plant Based Protein             |  | Plant Based Chicken Ragu - RD11406                   | Vegan Butter Chicken - RD11421                              | Plant Based Sausages w. Grilled Vegetables - RD11445 | Soy Glazed Tofu - RD11462                   | Plant Based Burger w. Hummus and Gherkins - RD11476     | Tofu Bibimbap - RD11488                     | Tempered Chickpeas and Tofu - RD11500       |
| Legume, Cereals or Grains Salad |  | Black Beans Salad - RD11242                          | Green Beans, Feta and Cauliflower Salad - RD11244           | Chickpeas Salad - RD11446                            | Farro and Spinach Salad - RD11261           | White Beans and Broccoli Salad - RD11477                | Grilled Eggplant and Barley Salad - RD11489 | Vegetarian Caesar Salad - RD11237           |
| Starchy Salad                   |  | Potatoes, Carrot, Pea and Mayonnaise Salad - RD11403 | Peas, Spinach, Olives and Sundried Tomatoes Salad - RD11424 | Potato and Egg Salad - RD11248                       | Mediterranean Fusilli Pasta Salad - RD11250 | Potato Salad w. Creamy Mustard Dressing - RD11478       | Spicy Kimchi Salad - RD11252                | Beetroot and Feta Salad - RD11259           |
| B.Y.O Salad                     |  | Option 1 Boiled Egg - RD10884                        | Boiled Egg - RD10884                                        | Boiled Egg - RD10884                                 | Boiled Egg - RD10884                        | Boiled Egg - RD10884                                    | Boiled Egg - RD10884                        | Boiled Egg - RD10884                        |
|                                 |  | Option 2 Cucumber Slices - RD11353                   | Grated Carrots - RD11425                                    | Coleslaw - RD11447                                   | Tomato Slices - RD11412                     | Tomato Slices - RD11412                                 | Coleslaw - RD11447                          | Red Onion Slices - RD11436                  |
|                                 |  | Option 3 Sweetcorn - RD11354                         | Green Beans - RD12296                                       | Green Peas - RD12297                                 | Asparagus Spears - RD11437                  | Red Onion Slices - RD11436                              | Green Beans - RD12296                       | Sweetcorn - RD11354                         |
|                                 |  | Option 4 Mix Lettuce - RD11404                       | Cos Lettuce - RD11413                                       | Rocket - RD11448                                     | Mix Lettuce - RD11404                       | Cos Lettuce - RD11413                                   | Mix Lettuce - RD11404                       | Rocket - RD11448                            |
|                                 |  | Option 5 Toasted Sunflower Seeds - RD11405           | Toasted Pumpkin Seeds - RD11169                             | Toasted Almonds Slices - RD11449                     | Toasted Walnuts - RD11438                   | Toasted Peanuts - RD11016                               | Toasted Sesame Seeds Mix - RD11585          | Toasted Sunflower Seeds - RD11405           |
| Baked Products                  |  | Salted Caramel Slice - RD12284                       | Cocoa Cookie - RD12285                                      | Banana Cake Slice - RD11452                          | Carrot Cake Slice - RD11463                 | Banana Chocolate Cake - RD11479                         | Chocolate and Raspberry Brownie - RD12286   | Cinnamon and Sugar Donuts - RD12287         |
| Cheese                          |  | Selection of Cheeses - RD11509                       |                                                             |                                                      |                                             |                                                         |                                             |                                             |
| Crackers                        |  | Selection of Crackers - RD11516                      |                                                             |                                                      |                                             |                                                         |                                             |                                             |
| Fruit Drink                     |  | Selection of Fruit Drink - RD11586                   |                                                             |                                                      |                                             |                                                         |                                             |                                             |
| Flavored Milk                   |  | Flavoured Milk Banana - RD11400                      | Flavoured Milk Strawberry - RD11514                         | Flavoured Milk Chocolate - RD11515                   | Flavoured Milk Banana - RD11400             | Flavoured Milk Strawberry - RD11514                     | Flavoured Milk Chocolate - RD11515          | Flavoured Milk Banana - RD11400             |

# WEEK 4 Lunch

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|                                 |           | Monday                                                   | Tuesday                                             | Wednesday                                                       | Thursday                                                    | Friday                                                     | Saturday                                                  | Sunday                                                  |
|---------------------------------|-----------|----------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------|
| Plain Hot Cereal or Grain       |           | Brown Rice- RD11867                                      | Plain Basmati Rice - RD11453                        | Rice Pilaf - RD11347                                            | Farro - RD11480                                             | Plain Spaghetti Pasta - RD11355                            | Couscous - RD11464                                        | Plain Barley- RD11871                                   |
| Hot Starchy Vegetable           |           | Potato Wedges w. Rosemary- RD11878                       | Steamed Potatoes w. Butter and Fresh Herbs- RD11875 | Rustic Roasted Potatoes w. Smoked Paprika and Parsley - RD11430 | Crispy Fries - RD11472                                      | Creamy Mashed Potatoes w. Garlic - RD11348                 | Chili-Honey Roasted Sweet Potatoes w. Lime Juice- RD11888 | Mashed Potatoes and Leek w. Thyme- RD11880              |
| Hot Vegetable                   |           | Green Beans Almondine- RD11872                           | Grill Cauliflower Steaks - RD11492                  | Roasted Parsnip w. Thyme - RD11491                              | Sauteed Silverbeet w. Pine nuts - RD11455                   | Green Beans w. Garlic Oil - RD11350                        | Steamed Broccoli and Sweet Roasted Red Onion- RD11910     | Grill Vegetables - RD11420                              |
| Soup                            |           |                                                          | Potato and Leek Soup- RD12307                       |                                                                 | Minestrone Soup- RD12308                                    |                                                            |                                                           |                                                         |
| Meats                           | Protein 1 | Chicken Pot Pie - RD11969                                | Chicken Katsu - RD11963                             | Teriyaki Chicken Stir-Fry - RD11556                             | Mediterranean Chicken - RD11972                             | Chicken Parmigiana - RD11971                               | Roasted Buffalo Chicken - RD11967                         | Lemon and Herbs Roasted Chicken - RD10498               |
|                                 | Protein 2 | Shepherd's Pie - RD11990                                 | Sticky Beef - RD11989                               | Mediterranean Beef - RD12001                                    | Beef Burger w. Cheddar Cheese and Beetroot Relish - RD12005 | Italian Meatballs - RD12007                                | Beef Birria on Tacos - RD11545                            | Slow Cooked Beef Bolar with Gravy - RD12000             |
|                                 | Protein 3 | Stuffed Porchetta w. Herbs - RD11573                     | Low and Slow Pulled Pork- RD12023                   | Mustard- Glazed Pork- RD12008                                   | Red Curry Venison- RD12010                                  | Old School Pork Sausage w. Onion Gravy- RD12017            | Fish Pie- RD12015                                         | Smoky Pork Belly w. Mango Salsa - RD11546               |
| Plant Based Protein             |           | Tempeh and Mushrooms Stroganoff- RD11914                 | Spinach, Pumpkin and Lentil Curry- RD11926          | Plant Based Pie- RD11922                                        | Crispy Mustard and Soy Glazed Tempeh Steaks- RD11920        | Mustard and Garlic Grilled Plant Based Sausages- RD11918   | Jackfruit Shawarma- RD11916                               | Tofu Curry- RD11929                                     |
| Legume, Cereals or Grains Salad |           | Puy Lentils, Soy Beans, Peas and Broccoli Salad- RD11934 | Tabbouleh Salad- RD11942                            | Mixed Beans and Brown Rice Salad- RD11935                       | Barley, Apricots, Herbs and Walnuts Salad- RD11941          | Orzo, Olives, Tomato, Onion and Walnuts Salad- RD11939     | Mediterranean Quinoa Salad- RD11937                       | Cannellini Bean and Egg w. Crispy Crumbs Salad- RD11933 |
| Starchy Salad                   |           | Chickpeas and Potato Salad- RD11903                      | Potatoes, Green Beans, Egg and Mayo salad- RD11897  | Green Beans Nicoise Salad (Vegetarian)- RD11901                 | Potato and Egg Salad - RD11248                              | Roasted Sweet Potato, Farro and Feta Cheese Salad- RD11900 | Potatoes and Celery Salad - RD11239                       | BLT Potato Salad- RD11945                               |
| B.Y.O Salad                     | Option 1  | Boiled Egg - RD10884                                     | Boiled Egg - RD10884                                | Boiled Egg - RD10884                                            | Boiled Egg - RD10884                                        | Boiled Egg - RD10884                                       | Boiled Egg - RD10884                                      | Boiled Egg - RD10884                                    |
|                                 | Option 2  | Cucumber Slices - RD11353                                | Grated Carrots - RD11425                            | Coleslaw - RD11447                                              | Tomato Slices - RD11412                                     | Tomato Slices - RD11412                                    | Coleslaw - RD11447                                        | Red Onion Slices - RD11436                              |
|                                 | Option 3  | Sweetcorn - RD11354                                      | Green Beans - RD12296                               | Green Beans - RD12296                                           | Asparagus Spears - RD11437                                  | Red Onion Slices - RD11436                                 | Green Beans - RD12296                                     | Sweetcorn - RD11354                                     |
|                                 | Option 4  | Mix Lettuce - RD11404                                    | Cos Lettuce - RD11413                               | Rocket - RD11448                                                | Mix Lettuce - RD11404                                       | Cos Lettuce - RD11413                                      | Mix Lettuce - RD11404                                     | Rocket - RD11448                                        |
|                                 | Option 5  | Toasted Sunflower Seeds - RD11405                        | Toasted Pumpkin Seeds - RD11169                     | Toasted Almonds Slices - RD11449                                | Toasted Walnuts - RD11438                                   | Toasted Peanuts - RD11016                                  | Toasted Sesame Seeds Mix - RD11585                        | Toasted Sunflower Seeds - RD11405                       |
| Baked Products                  |           | Berries and White Chocolate Muffins- RD11955             | Shortbread Cookies- RD11960                         | Apple Shortcake Slice- RD11953                                  | Double Chocolate Chips Muffins- RD11956                     | Yoyo Biscuit- RD11959                                      | Orange and Almond Muffins- RD11957                        | Banana and Walnuts Muffins- RD11958                     |
| Cheese                          |           | Selection of Cheeses - RD11509                           |                                                     |                                                                 |                                                             |                                                            |                                                           |                                                         |
| Crackers                        |           | Selection of Crackers - RD11516                          |                                                     |                                                                 |                                                             |                                                            |                                                           |                                                         |
| Fruit Drink                     |           | Selection of Fruit Drink - RD11586                       |                                                     |                                                                 |                                                             |                                                            |                                                           |                                                         |
| Flavored Milk                   |           | Flavoured Milk Banana - RD11400                          | Flavoured Milk Strawberry - RD11514                 | Flavoured Milk Chocolate - RD11515                              | Flavoured Milk Banana - RD11400                             | Flavoured Milk Strawberry - RD11514                        | Flavoured Milk Chocolate - RD11515                        | Flavoured Milk Banana - RD11400                         |

# Dinner Service



|                                 |           | Monday                                              | Tuesday                                                         | Wednesday                                               | Thursday                                                 | Friday                                               | Saturday                                                 | Sunday                                                       |
|---------------------------------|-----------|-----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------|
| Plain Hot Cereal or Grain       |           | Rice Pilaf - RD11347                                | Plain Penne Pasta - RD11429                                     | Plain Basmati Rice - RD11453                            | Brown Rice- RD11867                                      | Farro - RD11480                                      | Basmati Rice w. Sesame seeds and Spring Onions - RD11416 | Plain Spaghetti Pasta - RD11355                              |
| Hot Starchy Vegetable           |           | Creamy Mashed Potatoes w. Garlic - RD11348          | Rustic Roasted Potatoes w. Smoked Paprika and Parsley - RD11430 | Charred Sweet Potatoes w. Honey and Olive Oil - RD11454 | Baked Potatoes w. Provenzal - RD11465                    | Roasted Pumpkin - RD11481                            | Roasted Parsnip w. Thyme - RD11491                       | Greek - Style Lemon Potatoes w. Garlic and Oregano - RD11501 |
| Hot Vegetable                   | 1         | Green Beans w. Garlic Oil - RD11350                 | Sauteed Mushrooms - RD11174                                     | Steamed Broccoli - RD11246                              | Steamed Beans and Caramelized Red Onion - RD11466        | Steamed Edamame Beans - RD11482                      | Grill Cauliflower Steaks - RD11492                       | Steamed Green Peas w. Lemon - RD11433                        |
|                                 | 2         | Roasted Beetroot - RD11351                          | Steamed Broccoli and Sweet Roasted Red Onion- RD11910           | Sauteed Silverbeet w. Pine nuts - RD11455               | Steamed Cauliflower - RD11245                            | Grill Vegetables - RD11420                           | Pan Fried Broccoli - RD11493                             | Stir-Fry Vegetables - RD11503                                |
| Meats                           | Protein 1 | Miso Marinated Chicken - RD11423                    | Lemon and Herbs Roasted Chicken - RD10498                       | Slow Cooked Chicken Carnitas - RD11544                  | Harissa Chicken - RD11550                                | Teriyaki Chicken Stir-Fry - RD11556                  | Roasted Smoky Chicken - RD11563                          | Chicken Cacciatore - RD11571                                 |
|                                 | Protein 2 | Thai Ginger Beef Stir-fry - RD11536                 | Beef Lasagne - RD11539                                          | Beef Birria on Tacos - RD11545                          | Slow Cooked Beef w. Salsa Verde - RD11551                | Asian Braised Beef - RD11557                         | Chilli con Carne - RD11564                               | Beef Goulash - RD11572                                       |
|                                 | Protein 3 | Sticky Pork - RD11475                               | Venison Sausages w. Jus and Chestnuts - RD11540                 | Chipotle Baked Fish - RD11587                           | Moroccan Roast Lamb - RD11552                            | Sweet and Sour Pork - RD11589                        | Braised Venison w. Hoisin Sauce and Mushrooms - RD11565  | Pan-fried Lemon Fish Fillet- RD11590                         |
| Plant Based Protein             |           | Sticky Tofu - RD11410                               | Pulse, Spinach and Roasted Vegetables Lasagne - RD11434         | Marinated Hemp Carnitas - RD11456                       | Moroccan Loubia - RD11467                                | Teriyaki Tofu and Cauliflower Stir-fry - RD11483     | Miso Marinated Ginger Chickpeas and Jackfruit - RD11494  | Macaroni Pea & Pesto w. Caramelized Red Onion - RD11504      |
| Legume, Cereals or Grains Salad |           | Grain, Olives and Lemon Vinaigrette Salad - RD11411 | Broccoli and Chickpeas Salad - RD11247                          | Mix Beans Salad - RD11255                               | Couscous Salad - RD11258                                 | Sesame Noodles, Broccoli and Spinach Salad - RD11534 | Butter Beans and Sundried Tomatoes Salad - RD11495       | Grilled Ratatouille Pasta Salad - RD11505                    |
| Starchy Salad                   |           | Curry Potato Salad - RD11352                        | Pasta, Sundried Tomatoes and Cucumber Salad - RD11435           | Roasted Carrot, Feta and Parsley Salad - RD11457        | Beetroot, Watercress and Sunflower Seeds Salad - RD11469 | Roasted Carrots and Cauliflower Salad - RD11256      | Potato, Egg and Pea Salad - RD11496                      | Steamed Cauliflower with Sliced Almonds Salad - RD11264      |
| B.Y.O Salad                     | Option 1  | Tomato Slices - RD11412                             | Red Onion Slices - RD11436                                      | Grated Carrots - RD11425                                | Cucumber Slices - RD11353                                | Red Cabbage - RD11484                                | Coleslaw - RD11447                                       | Tomato Slices - RD11412                                      |
|                                 | Option 2  | Green Peas - RD12297                                | Asparagus Spears - RD11437                                      | Sweetcorn - RD11354                                     | Green Peas - RD12297                                     | Green Beans - RD12296                                | Asparagus Spears - RD11437                               | Sweetcorn - RD11354                                          |
|                                 | Option 3  | Cos Lettuce - RD11413                               | Mix Lettuce - RD11404                                           | Mix Lettuce - RD11404                                   | Rocket - RD11448                                         | Cos Lettuce - RD11413                                | Mix Lettuce - RD11404                                    | Cos Lettuce - RD11413                                        |
|                                 | Option 4  | Toasted Cashew - RD11414                            | Toasted Walnuts - RD11438                                       | Toasted Sunflower Seeds - RD11405                       | Toasted Pumpkin Seeds - RD11169                          | Toasted Almonds Slices - RD11449                     | Toasted Peanuts - RD11016                                | Toasted Pumpkin Seeds - RD11169                              |
| Dessert                         |           | Apple Cobbler w. Custard Sauce - RD11415            | Double Chocolate Brownie - RD11440                              | Creamy Cinnamon and Chocolate Rice Pudding - RD11458    | Stone Fruit Crumble w. Greek Yogurt - RD11468            | Chocolate Self-Saucing Pudding - RD12288             | Caramel Apple Tarte - RD11497                            | Sticky Date Pudding w. Butterscotch Sauce - RD12289          |
| Cheese                          |           | Selection of Cheeses - RD11509                      |                                                                 |                                                         |                                                          |                                                      |                                                          |                                                              |
| Crackers                        |           | Selection of Crackers - RD11516                     |                                                                 |                                                         |                                                          |                                                      |                                                          |                                                              |
| Fruit Drink                     |           | Selection of Fruit Drink - RD11586                  |                                                                 |                                                         |                                                          |                                                      |                                                          |                                                              |
| Flavoured Milk                  |           | Flavoured Milk Banana - RD11400                     | Flavoured Milk Strawberry - RD11514                             | Flavoured Milk Chocolate - RD11515                      | Flavoured Milk Banana - RD11400                          | Flavoured Milk Strawberry - RD11514                  | Flavoured Milk Chocolate - RD11515                       | Flavoured Milk Banana - RD11400                              |

|                                 |           | Monday                                                      | Tuesday                                                 | Wednesday                                             | Thursday                                                    | Friday                                                   | Saturday                                             | Sunday                                                     |
|---------------------------------|-----------|-------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------|
| Plain Hot Cereal or Grain       |           | Jasmin Rice w. Spring Onion and Sprouts- RD11861            | Mix Quinoa - RD11442                                    | Brown Rice- RD11867                                   | Plain Fusilli Pasta - RD11498                               | Basmati Rice w. Sesame seeds and Spring Onions - RD11416 | Plain Penne Pasta - RD11429                          | Fried Rice - RD11486                                       |
| Hot Starchy Vegetable           |           | Pepper Roasted Potatoes- RD11881                            | Roasted Kumara w. Maple - RD11460                       | Baked Potatoes - RD11499                              | Lemon-Parmesan Roasted Potatoes- RD11887                    | Lyonnaise Potatoes- RD11886                              | Roasted Pumpkin - RD11481                            | Crispy Fries - RD11472                                     |
| Hot Vegetable                   | 1         | Steamed Edamame Beans - RD11482                             | Pan Fried Broccoli - RD11493                            | Roasted Beetroot - RD11351                            | Steamed Broccoli - RD11246                                  | Steamed Cauliflower - RD11245                            | Stir-Fry Vegetables - RD11503                        | Buttered Leeks - RD11461                                   |
|                                 | 2         | Baked Onions - RD11444                                      | Steamed Green Peas- RD11188                             | Roasted Carrots w. Thyme - RD11874                    | Sauteed Mushrooms - RD11174                                 | Confit Cabbage - RD11473                                 | Steamed Green Peas w. Lemon - RD11433                | Glazed Carrots - RD11487                                   |
| Meats                           | Protein 1 | Orange Braised Chicken - RD11982                            | Sticky Hoisin Chicken - RD11979                         | Braised Chicken Legs w. Honey - RD11981               | Mediterranean Chicken - RD11972                             | Creamy Balsamic Chicken - RD11973                        | Mustard and Garlic Roasted Chicken - RD11980         | Lemon - Tzatziki Chicken - RD11976                         |
|                                 | Protein 2 | Beef Burger w. Cheddar Cheese and Beetroot Relish - RD12005 | Miso Beef Strips - RD11996                              | Stuffed Meatloaf w. Pomodoro Sauce - RD11993          | Beef Cheek Ragu - RD11992                                   | Beef Rendang - RD12002                                   | Beef Carbonnade - RD11994                            | Sloppy Joes - RD12004                                      |
|                                 | Protein 3 | BBQ Pork Riblet- RD12016                                    | Sri Lankan- style Fish Curry- RD12014                   | Hot Dog Venison Sausage w. Chimichurri Sauce- RD12020 | Lamb Chops w. Rosemary Gravy- RD12021                       | Lamb Shank Madras- RD12013                               | Pork Cutlets w. Tonkatsu Sauce- RD12011              | Venison and Mushroom Pie- RD12018                          |
| Plant Based Protein             |           | Crispy Falafel and Kumara Rosti- RD11917                    | Vegetables and Tofu Stew- RD11924                       | Plant Based Chicken w. Dark Gravy- RD11928            | Plant Based Chicken Ragu - RD11406                          | Harissa Tofu- RD11913                                    | Tofu Katsu- RD11912                                  | Cauliflower and Plant Based Mince Shepherd's Pie- RD11921  |
| Legume, Cereals or Grains Salad |           | Lentils Salad w. Tahini Dressing- RD11936                   | Rice, Cranberries and Pecans Salad- RD11943             | Spinach, Feta, Pine Nut and Quinoa Salad- RD11944     | White Beans w. Lemon and Cumin Salad- RD11940               | Farro, Pistachios, Herbs and Raisins Salad- RD11938      | Sesame Noodles, Broccoli and Spinach Salad - RD11534 | Black Bean Chimichurri Salad- RD11932                      |
| Starchy Salad                   |           | Onion, Potato and Sour Cream Salad- RD11902                 | Steamed Cauliflower with Sliced Almonds Salad - RD11264 | Tangy Potato Salad- RD11904                           | Potato, Parsley and Onion w. Creamy Dressing Salad- RD11899 | Potato Salad w. Creamy Mustard Dressing - RD11478        | Waldorf-Style Potato Salad- RD11907                  | Pasta, Spinach, Edamame, Pesto and Cucumber Salad- RD11898 |
| B.Y.O Salad                     | Option 1  | Tomato Slices - RD11412                                     | Red Onion Slices - RD11436                              | Grated Carrots - RD11425                              | Cucumber Slices - RD11353                                   | Red Cabbage - RD11484                                    | Coleslaw - RD11447                                   | Tomato Slices - RD11412                                    |
|                                 | Option 2  | Green Peas - RD12297                                        | Asparagus Spears - RD11437                              | Sweetcorn - RD11354                                   | Green Peas - RD12297                                        | Green Beans - RD12296                                    | Asparagus Spears - RD11437                           | Sweetcorn - RD11354                                        |
|                                 | Option 3  | Cos Lettuce - RD11413                                       | Mix Lettuce - RD11404                                   | Mix Lettuce - RD11404                                 | Rocket - RD11448                                            | Cos Lettuce - RD11413                                    | Mix Lettuce - RD11404                                | Cos Lettuce - RD11413                                      |
|                                 | Option 4  | Toasted Cashew - RD11414                                    | Toasted Walnuts - RD11438                               | Toasted Sunflower Seeds - RD11405                     | Toasted Pumpkin Seeds - RD11169                             | Toasted Almonds Slices - RD11449                         | Toasted Peanuts - RD11016                            | Toasted Pumpkin Seeds - RD11169                            |
| Dessert                         |           | Pear Moist Cake w. Greek Yoghurt- RD11946                   | Toffee Brownie Trifle- RD11950                          | Pineapple Upside-Down Cake- RD11948                   | Orange and Almond Cake w. Greek Yoghurt- RD11947            | Molten Mocha Cake w. Vanilla Ice Cream- RD11951          | Lemon Tart- RD11952                                  | Berry Pudding Cake- RD11949                                |
| Cheese                          |           | Selection of Cheeses - RD11509                              |                                                         |                                                       |                                                             |                                                          |                                                      |                                                            |
| Crackers                        |           | Selection of Crackers - RD11516                             |                                                         |                                                       |                                                             |                                                          |                                                      |                                                            |
| Fruit Drink                     |           | Selection of Fruit Drink - RD11586                          |                                                         |                                                       |                                                             |                                                          |                                                      |                                                            |
| Flavoured Milk                  |           | Flavoured Milk Banana - RD11400                             | Flavoured Milk Strawberry - RD11514                     | Flavoured Milk Chocolate - RD11515                    | Flavoured Milk Banana - RD11400                             | Flavoured Milk Strawberry - RD11514                      | Flavoured Milk Chocolate - RD11515                   | Flavoured Milk Banana - RD11400                            |

| WEEK 3 Dinner                   |           | Released under the Official Information Act 1982    |                                                                 |                                                         |                                                          |                                                      |                                                         |                                                              |
|---------------------------------|-----------|-----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------|
|                                 |           | Monday                                              | Tuesday                                                         | Wednesday                                               | Thursday                                                 | Friday                                               | Saturday                                                | Sunday                                                       |
| Plain Hot Cereal or Grain       |           | Rice Pilaf - RD11347                                | Plain Penne Pasta - RD11429                                     | Plain Basmati Rice - RD11453                            | Brown Rice- RD11867                                      | Farro - RD11480                                      | Steamed Brown Rice w. Broccoli - RD11490                | Plain Spaghetti Pasta - RD11355                              |
| Hot Starchy Vegetable           |           | Creamy Mashed Potatoes w. Garlic - RD11348          | Rustic Roasted Potatoes w. Smoked Paprika and Parsley - RD11430 | Charred Sweet Potatoes w. Honey and Olive Oil - RD11454 | Baked Potatoes w. Provenzal - RD11465                    | Roasted Pumpkin - RD11481                            | Roasted Parsnip w. Thyme - RD11491                      | Greek - Style Lemon Potatoes w. Garlic and Oregano - RD11501 |
| Hot Vegetable                   | 1         | Green Beans w. Garlic Oil - RD11350                 | Sauteed Mushrooms - RD11174                                     | Steamed Broccoli - RD11246                              | Steamed Beans and Caramelized Red Onion - RD11466        | Steamed Edamame Beans - RD11482                      | Grill Cauliflower Steaks - RD11492                      | Steamed Green Peas w. Lemon - RD11433                        |
|                                 | 2         | Roasted Beetroot - RD11351                          | Steamed Broccoli and Sweet Roasted Red Onion- RD11910           | Sauteed Silverbeet w. Pine nuts - RD11455               | Steamed Cauliflower - RD11245                            | Grill Vegetables - RD11420                           | Pan Fried Broccoli - RD11493                            | Stir-Fry Vegetables - RD11503                                |
| Meats                           | Protein 1 | Slow Cooked Chicken Carnitas - RD11544              | Chicken Alfredo - RD11568                                       | Chicken Bulgogi Stir Fry - RD11977                      | Roasted Chicken Provenzal - RD11541                      | Harissa Chicken - RD11550                            | Marinated Thai Chicken - RD11965                        | Creamy Pesto Chicken - RD11547                               |
|                                 | Protein 2 | Slow Cooked Beef Carnitas - RD11988                 | Mediterranean Beef - RD12001                                    | Teriyaki Beef Stir-Fry - RD11984                        | Smoked Brisket - RD11548                                 | Slow Cooked Beef w. Salsa Verde - RD11551            | Beef Bulgogi Stir-fry - RD11561                         | Beef Stroganoff - RD11985                                    |
|                                 | Protein 3 | Low and Slow Pulled Pork- RD12023                   | Slow Roasted Pork Ragu- RD12026                                 | Sticky Hoisin Pulled Pork- RD12029                      | Chipotle Baked Fish - RD11587                            | Pork and Apple Schnitzel- RD12028                    | Red Curry Venison- RD12010                              | Braised Lamb - RD11549                                       |
| Plant Based Protein             |           | Sticky Tofu - RD11410                               | Pulse, Spinach and Roasted Vegetables Lasagne - RD11434         | Marinated Hemp Carnitas - RD11456                       | Moroccan Loubia - RD11467                                | Teriyaki Tofu and Cauliflower Stir-fry - RD11483     | Miso Marinated Ginger Chickpeas and Jackfruit - RD11494 | Macaroni Pea & Pesto w. Caramelized Red Onion - RD11504      |
| Legume, Cereals or Grains Salad |           | Grain, Olives and Lemon Vinaigrette Salad - RD11411 | Broccoli and Chickpeas Salad - RD11247                          | Mix Beans Salad - RD11255                               | Couscous Salad - RD11258                                 | Sesame Noodles, Broccoli and Spinach Salad - RD11534 | Butter Beans and Sundried Tomatoes Salad - RD11495      | Grilled Ratatouille Pasta Salad - RD11505                    |
| Starchy Salad                   |           | Curry Potato Salad - RD11352                        | Pasta, Sundried Tomatoes and Cucumber Salad - RD11435           | Roasted Carrot, Feta and Parsley Salad - RD11457        | Beetroot, Watercress and Sunflower Seeds Salad - RD11469 | Roasted Carrots and Cauliflower Salad - RD11256      | Potato, Egg and Pea Salad - RD11496                     | Steamed Cauliflower with Sliced Almonds Salad - RD11264      |
| B.Y.O Salad                     | Option 1  | Tomato Slices - RD11412                             | Red Onion Slices - RD11436                                      | Grated Carrots - RD11425                                | Cucumber Slices - RD11353                                | Red Cabbage - RD11484                                | Coleslaw - RD11447                                      | Tomato Slices - RD11412                                      |
|                                 | Option 2  | Green Peas - RD12297                                | Asparagus Spears - RD11437                                      | Sweetcorn - RD11354                                     | Green Peas - RD12297                                     | Green Beans - RD12296                                | Asparagus Spears - RD11437                              | Sweetcorn - RD11354                                          |
|                                 | Option 3  | Cos Lettuce - RD11413                               | Mix Lettuce - RD11404                                           | Mix Lettuce - RD11404                                   | Rocket - RD11448                                         | Cos Lettuce - RD11413                                | Mix Lettuce - RD11404                                   | Cos Lettuce - RD11413                                        |
|                                 | Option 4  | Toasted Cashew - RD11414                            | Toasted Walnuts - RD11438                                       | Toasted Sunflower Seeds - RD11405                       | Toasted Pumpkin Seeds - RD11169                          | Toasted Almonds Slices - RD11449                     | Toasted Peanuts - RD11016                               | Toasted Pumpkin Seeds - RD11169                              |
| Dessert                         |           | Apple Cobbler w. Custard Sauce - RD11415            | Double Chocolate Brownie - RD11440                              | Creamy Cinnamon and Chocolate Rice Pudding - RD11458    | Stone Fruit Crumble w. Greek Yogurt - RD11468            | Chocolate Self-Saucing Pudding - RD12288             | Caramel Apple Tarte - RD11497                           | Sticky Date Pudding w. Butterscotch Sauce - RD12289          |
| Cheese                          |           | Selection of Cheeses - RD11509                      |                                                                 |                                                         |                                                          |                                                      |                                                         |                                                              |
| Crackers                        |           | Selection of Crackers - RD11516                     |                                                                 |                                                         |                                                          |                                                      |                                                         |                                                              |
| Fruit Drink                     |           | Selection of Fruit Drink - RD11586                  |                                                                 |                                                         |                                                          |                                                      |                                                         |                                                              |
| Flavoured Milk                  |           | Flavoured Milk Banana - RD11400                     | Flavoured Milk Strawberry - RD11514                             | Flavoured Milk Chocolate - RD11515                      | Flavoured Milk Banana - RD11400                          | Flavoured Milk Strawberry - RD11514                  | Flavoured Milk Chocolate - RD11515                      | Flavoured Milk Banana - RD11400                              |

|                                 |           | Monday                                           | Tuesday                                                 | Wednesday                                         | Thursday                                                    | Friday                                                   | Saturday                                             | Sunday                                                     |
|---------------------------------|-----------|--------------------------------------------------|---------------------------------------------------------|---------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------|
| Plain Hot Cereal or Grain       |           | Jasmin Rice w. Spring Onion and Sprouts- RD11861 | Mix Quinoa - RD11442                                    | Brown Rice- RD11867                               | Plain Fusilli Pasta - RD11498                               | Basmati Rice w. Sesame seeds and Spring Onions - RD11416 | Plain Rice Noodles- RD11865                          | Fried Rice - RD11486                                       |
| Hot Starchy Vegetable           |           | Pepper Roasted Potatoes- RD11881                 | Roasted Kumara w. Maple - RD11460                       | Baked Potatoes - RD11499                          | Lemon-Parmesan Roasted Potatoes- RD11887                    | Lyonnaise Potatoes- RD11886                              | Roasted Pumpkin - RD11481                            | Crispy Fries - RD11472                                     |
| Hot Vegetable                   | 1         | Steamed Edamame Beans - RD11482                  | Pan Fried Broccoli - RD11493                            | Roasted Beetroot - RD11351                        | Steamed Broccoli - RD11246                                  | Steamed Cauliflower - RD11245                            | Stir-Fry Vegetables - RD11503                        | Buttered Leeks - RD11461                                   |
|                                 | 2         | Baked Onions - RD11444                           | Steamed Green Peas- RD11188                             | Rosted Carrots w. Thyme - RD11874                 | Sauteed Mushrooms - RD11174                                 | Confit Cabbage - RD11473                                 | Steamed Green Peas w. Lemon - RD11433                | Glazed Carrots - RD11487                                   |
| Meats                           | Protein 1 | Red Curry Chicken - RD11974                      | Moroccan Chicken - RD11968                              | Coconut Chicken Curry- RD11896                    | Creamy Balsamic Chicken - RD11973                           | Sticky Hoisin Chicken - RD11979                          | Sticky Apricot Chicken- RD11890                      | Roasted Smoky Chicken - RD11563                            |
|                                 | Protein 2 | Stuffed Meatloaf w. Pomodoro Sauce - RD11993     | Puttanesca Beef Cheek - RD11995                         | Black Worcestershire Beef - RD11542               | Beef Bourguignon - RD11991                                  | Miso Beef Strips - RD11996                               | Pulled Beef Fajitas - RD11998                        | Sloppy Joes - RD12004                                      |
|                                 | Protein 3 | Lamb Chops w. Rosemary Gravy- RD12021            | BBQ Pork Riblet- RD12016                                | Chipotle Baked Fish - RD11587                     | Moroccan Roast Lamb - RD11552                               | Sri Lankan- style Fish Curry- RD12014                    | Braised Lamb - RD11549                               | Venison and Mushroom Pie- RD12018                          |
| Plant Based Protein             |           | Crispy Falafel and Kumara Rosti- RD11917         | Vegetables and Tofu Stew- RD11924                       | Plant Based Chicken w. Dark Gravy- RD11928        | Plant Based Chicken Ragu - RD11406                          | Harissa Tofu- RD11913                                    | Spicy Pulled Hemp- RD11919                           | Cauliflower and Plant Based Mince Shepherd's Pie- RD11921  |
| Legume, Cereals or Grains Salad |           | Lentils Salad w. Tahini Dressing- RD11936        | Rice, Cranberries and Pecans Salad- RD11943             | Spinach, Feta, Pine Nut and Quinoa Salad- RD11944 | White Beans w. Lemon and Cumin Salad- RD11940               | Farro, Pistachios, Herbs and Raisins Salad- RD11938      | Sesame Noodles, Broccoli and Spinach Salad - RD11534 | Black Bean Chimichurri Salad- RD11932                      |
| Starchy Salad                   |           | Onion, Potato and Sour Cream Salad- RD11902      | Steamed Cauliflower with Sliced Almonds Salad - RD11264 | Tangy Potato Salad- RD11904                       | Potato, Parsley and Onion w. Creamy Dressing Salad- RD11899 | Potato Salad w. Creamy Mustard Dressing - RD11478        | Waldorf-Style Potato Salad- RD11907                  | Pasta, Spinach, Edamame, Pesto and Cucumber Salad- RD11898 |
| B.Y.O Salad                     | Option 1  | Tomato Slices - RD11412                          | Red Onion Slices - RD11436                              | Grated Carrots - RD11425                          | Cucumber Slices - RD11353                                   | Red Cabbage - RD11484                                    | Coleslaw - RD11447                                   | Tomato Slices - RD11412                                    |
|                                 | Option 2  | Green Peas - RD12297                             | Asparagus Spears - RD11437                              | Sweetcorn - RD11354                               | Green Peas - RD12297                                        | Green Beans - RD12296                                    | Asparagus Spears - RD11437                           | Sweetcorn - RD11354                                        |
|                                 | Option 3  | Cos Lettuce - RD11413                            | Mix Lettuce - RD11404                                   | Mix Lettuce - RD11404                             | Rocket - RD11448                                            | Cos Lettuce - RD11413                                    | Mix Lettuce - RD11404                                | Cos Lettuce - RD11413                                      |
|                                 | Option 4  | Toasted Cashew - RD11414                         | Toasted Walnuts - RD11438                               | Toasted Sunflower Seeds - RD11405                 | Toasted Pumpkin Seeds - RD11169                             | Toasted Almonds Slices - RD11449                         | Toasted Peanuts - RD11016                            | Toasted Pumpkin Seeds - RD11169                            |
| Dessert                         |           | Pear Moist Cake w. Greek Yoghurt- RD11946        | Toffee Brownie Trifle- RD11950                          | Pineapple Upside-Down Cake- RD11948               | Orange and Almond Cake w. Greek Yoghurt- RD11947            | Molten Mocha Cake w. Vanilla Ice Cream- RD11951          | Lemon Tart- RD11952                                  | Berry Pudding Cake- RD11949                                |
| Cheese                          |           | Selection of Cheeses - RD11509                   |                                                         |                                                   |                                                             |                                                          |                                                      |                                                            |
| Crackers                        |           | Selection of Crackers - RD11516                  |                                                         |                                                   |                                                             |                                                          |                                                      |                                                            |
| Fruit Drink                     |           | Selection of Fruit Drink - RD11586               |                                                         |                                                   |                                                             |                                                          |                                                      |                                                            |
| Flavoured Milk                  |           | Flavoured Milk Banana - RD11400                  | Flavoured Milk Strawberry - RD11514                     | Flavoured Milk Chocolate - RD11515                | Flavoured Milk Banana - RD11400                             | Flavoured Milk Strawberry - RD11514                      | Flavoured Milk Chocolate - RD11515                   | Flavoured Milk Banana - RD11400                            |