

MENU TO BE SUPPLIED	
MEAL PLAN	MENU OF THE DAY
<b>BREAKFAST (Buffet - per person)</b>	
Juice	
Yoghurt	
Porridge	
Cereal	
Milk	
Sugar	
Meat Dish	
Meat Dish	
Egg	
Cheese	
Supplementary Item	
Supplementary Item	
Bread / Toast	
Butter / Margarine	
Beverage	
Milk	
Sugar	
<b>LUNCHEON</b> 2 Meats 2 Starch 2 Veg 2 Salads 1 Cold drink (Can) 1 Dessert <ul style="list-style-type: none"> <li>Meal to make provision for red and other meat</li> </ul>	
Meat	
Meat	
Sauce	
Starch	
Starch	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Dessert	
Desert Sauce	
Fruit	
Bread	
Butter / Margarine	

Beverage	
Milk	
Sugar	
DINNER 2 Meats 2 Starch 2 Veg 2 Salads 1 Cold drink (Can) 1 Dessert <ul style="list-style-type: none"> <li>Meal to make provision for red and other meat</li> </ul>	
Meat	
meat	
Sauce	
Starch	
Starch	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Veg Fresh/ Frozen/ Salad	
Dessert	
Dessert sauce	
Fruits	
Bread	
Butter / margarine	
Beverage	
Milk	
sugar	

- Meat includes fish, chicken, etc.

### Special dietary requirements:

	Meals	Beverages
Include	Exclude	
Vegetables, Red meat, Chicken and Fish	Pap, Rice and Samp	Coke zero, Sprite zero or any zero sugar drinks and 100% juice( any fruits)

Pap, Rice, Samp, Vegetables, Chicken Fish, Lamb	Spices, Pork and Beef	Any kind
Pap, Rice, Samp ,Vegetables, Chicken Fish, Lamb and Beef	Pork	Any Kind
Pap, Rice, Samp ,Vegetables, Chicken Fish, Lamb and Beef	Pork	Any Kind
Low carbohydrate		Any Kind