



SPORTS Menu 2009-10

DAY 2 — Breakfast

Cereals

Weet Bix
Special K
Just Right
Sultana Bran

Bread/Toast

Wholegrain bread toast
slice

Hot Selection

Poached Eggs
Grilled Tomato

Dairy

Skim Milk
Lite White Milk
Reduced Fat or Diet
Yoghurt

Fruit

Sliced Fresh Fruit
Selection of Mixed berries
Tinned Fruits

Spreads

Selection of Jams
Vegemite
PC Margarine Only

Beverages

Tea
Coffee
Orange Juice
Jugs of Water

Lunch — Toasted Wrap Station

Bread Selection

Wholegrain Rolls
Lavash/Mountain Bread
Wholegrain Bread

Lean Meat Selection

Lean leg ham
Turkey Slices
Chicken Breast Slices

Salad Vegetables

Lettuce Selection
Tomato Slices
Cucumber slices
Alfalfa spouts
Grated Carrot
Capsicum
Avocado

Pre-Made Salads

Two varieties

Fruit

Selection of Sliced Fruit

Dairy

200g tubs Reduced fat or
Diet yoghurts

Dinner

Pasta

Spaghetti

Pasta Sauce

Lean Beef Bolagnaise

Meat

Marinated Skinless
Chicken Breast

Fish

Grilled Fish with
avacado salsa

Vegetables

Selection of Steamed
vegetables
Chat potatoes

Pre-Made Salad

3 vareities

Bread

Wholegrain bread and rolls

Dessert

Low fat chocolate mousse
Fruit salad/tinned fruit

Beverages

Diet Cordial
Orange Juice
Jugs of water
Tea
Coffee

