

### Sample Menu Plan

Number of days: 5

Number of persons: 4

Meals	Day1	Day2	Day3	Day4	Day5	Total Serves
Breakfast	n/a	Cereal & Milk	Cereal & Milk	Breakfast Bars	Breakfast Bars	Cereal 8 L/life Milk 8 B/fast Bars 8
		Drinks: Juice, Tea/Coffee/Milo				Drinks 16
Lunch	Ready Made Sandwiches	Pocket Bread	Pocket Bread	Cracker/Crisp Breads	n/a	Sandwiches 4 Pocket Bread 8 CrackerBread 4
		Spreads: Vegemite, Tin Ham, Tuna Lettuce, Tomato, cheese etc				Spreads 16
Dinner	Soup Lots of Noodles Sausages Deb Potatoes Peas & Carrots	Soup Lots of Noodles	Ham Steaks & Vegies	Tuna with Rice/Pasta	n/a	Soup 8 Sausages 4 Hot Dogs 4
		Hot Dogs Rice/Pasta	Fruit & Custard	Fruit & Custard		Tuna 3 Ham 5
Snacks	Fruit Sticks B/fast Bars Fruit & nuts etc Tang - cordial	Refer Day 1	Refer Day 1	Refer Day 1	n/a	Rice/Pasta 8 Vegies [P, P&C] 8
				Plus any Leftovers		Fruit Sticks 32 B/fast Bars 32 Fruit&Nuts etc 16 Tang Cordial 4