

Week 1	M	T	W	T	F
Standard	Tex-Mex Beef & Beans with Rice & Cheese Carbohydrate: 37g Per Serve	Butter Chicken Served with Rice & Vege Carbohydrate: 32g Per Serve	Mac & Cheese Pasta with Ham In Cheese Sauce Carbohydrate: 46g Per Serve	Beef Pasta Bolognese In Classic Tom Sauce Carbohydrate: 39g Per Serve	Thai Jungle Curry Chicken & Veg with Rice Carbohydrate: 33g Per Serve
	Hidden Vege Brownie Carbohydrate: 21g Per Serve	No Nut Bhuja Mix Carbohydrate: 9g Per Serve	Cassava Chips Carbohydrate: 5g Per Serve	No Nut Bhuja Mix Carbohydrate: 9g Per Serve	Pea Snaps Carbohydrate: 6g Per Serve
	Corn Chips Carbohydrate: 9g Per Serve	Pita Bread Carbohydrate: 23g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Slurper Yoghurt Carbohydrate: 5g Per Serve
<b>Daily Totals</b>	<b>Carbohydrate: Totals Per Meal 67g</b>	<b>Carbohydrate: Totals Per Meal 64g</b>	<b>Carbohydrate: Totals Per Meal 62g</b>	<b>Carbohydrate: Totals Per Meal 59g</b>	<b>Carbohydrate: Totals Per Meal 44g</b>
Allergy To Milk	Tex-Mex Beans with Rice Carbohydrate: 47g Per Serve	Butter Chicken Served with Rice & Vege Carbohydrate: 32g Per Serve	Chickpea Curry Carbohydrate: 35g Per Serve	Beef Pasta Bolognese In Classic Tom Sauce Carbohydrate: 39g Per Serve	Thai Jungle Curry Chicken & Veg with Rice Carbohydrate: 33g Per Serve
	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve
	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve
<b>Daily Totals</b>	<b>Carbohydrate: Totals Per Meal 67g</b>	<b>Carbohydrate: Totals Per Meal 52g</b>	<b>Carbohydrate: Totals Per Meal 55g</b>	<b>Carbohydrate: Totals Per Meal 59g</b>	<b>Carbohydrate: Totals Per Meal 53g</b>
Vegetarian	Tex-Mex Beans with Rice Carbohydrate: 47g Per Serve	Chickpea Curry Carbohydrate: 35g Per Serve	No Gluten Mac Cheese Carbohydrate: 41g Per Serve	Lentil Bolognese Carbohydrate: 45g Per Serve	Thai Jungle Chickpea Curry Carbohydrate: 35g Per Serve
	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve
	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve
<b>Daily Totals</b>	<b>Carbohydrate: Totals Per Meal 67g</b>	<b>Carbohydrate: Totals Per Meal 55g</b>	<b>Carbohydrate: Totals Per Meal 61g</b>	<b>Carbohydrate: Totals Per Meal 65g</b>	<b>Carbohydrate: Totals Per Meal 55g</b>
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	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve
<b>Daily Totals</b>	<b>Carbohydrate: Totals Per Meal 57g</b>	<b>Carbohydrate: Totals Per Meal 52g</b>	<b>Carbohydrate: Totals Per Meal 61g</b>	<b>Carbohydrate: Totals Per Meal 59g</b>	<b>Carbohydrate: Totals Per Meal 53g</b>

Week 2	M	T	W	T	F
Standard	Beef & Vege Rissoles with Potato & Gravy Carbohydrate: 22g Per Serve	Mac & Cheese Pasta with Ham In Cheese Sauce Carbohydrate: 46g Per Serve	Beef Cottage Pie & Veg with Mashed Potato Carbohydrate: 16g Per Serve	Chicken Pasta Bake with Creamy Veg Sauce Carbohydrate: 39g Per Serve	Beef Meatballs & Tomato Sauce on Golden Rice Carbohydrate: 35g Per Serve
	Hidden Vege Brownie Carbohydrate: 21g Per Serve	Pea Snaps Carbohydrate: 6g Per Serve	Seed Trail Mix Carbohydrate: 8g Per Serve	Cassava Chips Carbohydrate: 5g Per Serve	Cassava Chips Carbohydrate: 5g Per Serve
	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Bread Roll Carbohydrate: 19g Per Serve	Slurper Yoghurt Carbohydrate: 5g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve
<b>Daily Totals</b>	<b>Carbohydrate: Totals Per Meal 54g</b>	<b>Carbohydrate: Totals Per Meal 63g</b>	<b>Carbohydrate: Totals Per Meal 43g</b>	<b>Carbohydrate: Totals Per Meal 49g</b>	<b>Carbohydrate: Totals Per Meal 51g</b>
Allergy To Milk	Savoury Mince with Mash & Veg Carbohydrate: 21g Per Serve	Chickpea Curry Carbohydrate: 35g Per Serve	Chickpea Curry Carbohydrate: 35g Per Serve	Lentil Bolognese Carbohydrate: 45g Per Serve	Falafels & Chunky Tomato Sauce on Golden Rice Carbohydrate: 41g Per Serve
		Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve
		Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve
<b>Daily Totals</b>	<b>Carbohydrate: Totals Per Meal 21g</b>	<b>Carbohydrate: Totals Per Meal 55g</b>	<b>Carbohydrate: Totals Per Meal 55g</b>	<b>Carbohydrate: Totals Per Meal 65g</b>	<b>Carbohydrate: Totals Per Meal 61g</b>
Vegetarian	Chickpea Curry Carbohydrate: 35g Per Serve	No Gluten Mac Cheese Carbohydrate: 41g Per Serve	Chickpea Curry Carbohydrate: 35g Per Serve	Lentil Bolognese Carbohydrate: 45g Per Serve	Falafels & Chunky Tomato Sauce on Golden Rice Carbohydrate: 41g Per Serve
	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve
	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve
<b>Daily Totals</b>	<b>Carbohydrate: Totals Per Meal 55g</b>	<b>Carbohydrate: Totals Per Meal 61g</b>	<b>Carbohydrate: Totals Per Meal 55g</b>	<b>Carbohydrate: Totals Per Meal 65g</b>	<b>Carbohydrate: Totals Per Meal 61g</b>
Halal	Beef & Vege Rissoles with Potato & Gravy Carbohydrate: 22g Per Serve	No Gluten Mac Cheese Carbohydrate: 41g Per Serve	Beef Cottage Pie & Veg with Mashed Potato Carbohydrate: 16g Per Serve	Chicken Pasta Bake with Creamy Veg Sauce Carbohydrate: 39g Per Serve	Beef Meatballs & Tomato Sauce on Golden Rice Carbohydrate: 35g Per Serve
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	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve
<b>Daily Totals</b>	<b>Carbohydrate: Totals Per Meal 42g</b>	<b>Carbohydrate: Totals Per Meal 61g</b>	<b>Carbohydrate: Totals Per Meal 36g</b>	<b>Carbohydrate: Totals Per Meal 59g</b>	<b>Carbohydrate: Totals Per Meal 55g</b>

Week 3	M	T	W	T	F
Standard	Butter Chicken Served with Rice & Vege Carbohydrate: 32g Per Serve	Tex-Mex Beef & Beans with Rice & Cheese Carbohydrate: 37g Per Serve	Mac & Cheese Pasta with Ham In Cheese Sauce Carbohydrate: 46g Per Serve	Beef Meatballs & Tomato Sauce on Golden Rice Carbohydrate: 35g Per Serve	Teriyaki Chicken on Rice Carbohydrate: 40g Per Serve
	No Nut Bhuja Mix Carbohydrate: 9g Per Serve	Hidden Vege Brownie Carbohydrate: 21g Per Serve	Cassava Chips Carbohydrate: 5g Per Serve	Cassava Chips Carbohydrate: 5g Per Serve	Pea Snaps Carbohydrate: 6g Per Serve
	Pita Bread Carbohydrate: 23g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Slurper Yoghurt Carbohydrate: 5g Per Serve
<b>Daily Totals</b>	<b>Carbohydrate: Totals Per Meal 64g</b>	<b>Carbohydrate: Totals Per Meal 67g</b>	<b>Carbohydrate: Totals Per Meal 62g</b>	<b>Carbohydrate: Totals Per Meal 51g</b>	<b>Carbohydrate: Totals Per Meal 51g</b>
Allergy To Milk	Butter Chicken Served with Rice & Vege Carbohydrate: 32g Per Serve	Tex-Mex Beans with Rice Carbohydrate: 47g Per Serve	Chickpea Curry Carbohydrate: 35g Per Serve	Falafels & Chunky Tomato Sauce on Golden Rice Carbohydrate: 41g Per Serve	Teriyaki Chicken on Rice Carbohydrate: 40g Per Serve
	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve
	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve
<b>Daily Totals</b>	<b>Carbohydrate: Totals Per Meal 52g</b>	<b>Carbohydrate: Totals Per Meal 67g</b>	<b>Carbohydrate: Totals Per Meal 55g</b>	<b>Carbohydrate: Totals Per Meal 61g</b>	<b>Carbohydrate: Totals Per Meal 60g</b>
Vegetarian	Chickpea Curry Carbohydrate: 35g Per Serve	Tex-Mex Beans with Rice Carbohydrate: 47g Per Serve	No Gluten Mac Cheese Carbohydrate: 41g Per Serve	Falafels & Chunky Tomato Sauce on Golden Rice Carbohydrate: 41g Per Serve	Chickpea Curry Carbohydrate: 35g Per Serve
	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve
	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve
<b>Daily Totals</b>	<b>Carbohydrate: Totals Per Meal 55g</b>	<b>Carbohydrate: Totals Per Meal 67g</b>	<b>Carbohydrate: Totals Per Meal 61g</b>	<b>Carbohydrate: Totals Per Meal 61g</b>	<b>Carbohydrate: Totals Per Meal 55g</b>
Halal	Butter Chicken Served with Rice & Vege Carbohydrate: 32g Per Serve	Tex-Mex Beef & Beans with Rice & Cheese Carbohydrate: 37g Per Serve	No Gluten Mac Cheese Carbohydrate: 41g Per Serve	Beef Meatballs & Tomato Sauce on Golden Rice Carbohydrate: 35g Per Serve	Teriyaki Chicken on Rice Carbohydrate: 40g Per Serve
	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve	Fresh Fruit/ Apple Carbohydrate: 11g Per Serve
	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve	Corn Chips Carbohydrate: 9g Per Serve
<b>Daily Totals</b>	<b>Carbohydrate: Totals Per Meal 52g</b>	<b>Carbohydrate: Totals Per Meal 57g</b>	<b>Carbohydrate: Totals Per Meal 61g</b>	<b>Carbohydrate: Totals Per Meal 55g</b>	<b>Carbohydrate: Totals Per Meal 60g</b>

Meal	Carbohydrate Content per serve
Roast Vegetable Dhal with Rice	53g
Mexican Beans + Rice [No Gluten]	50g
Lentil & Tofu Curry +Rice	48g
Chicken & Lentil Curry + Rice	43g
Savoury Mince with Mash & Veg	21g
Chicken with Gravy, Mash & Veg	22g
Mumbai Chickpea & Rice Pilaf	58g
Roast Beef, Potato Nuggets, Sweet Chilli	54g
Falafel, Potato Nuggets, Sweet Chilli	57g
Vegetarian Balls, Potato Nuggets & Tomato Sauce	35g
Falafel, Potato Nuggets & Tomato Sauce	38g
GF Pasta with Plant Mince & Tomato Bolognese	54g
Savoury Rice With Falafel	46g
Meatballs, Potato Nuggets & Tom Sauce [No Cheese]	32g
Lasagne w Roasted Vege and Edamame	37g
GF Wrap, Falafel, Salad & Sweet Chilli	45g (med), 61g (large)
GF Wrap, Plan*† Chicken, Salad & Sweet Chilli	38g (med), 51g (large)
Dhall and Rice (NF)	35g
Kashmir Vegetable Curry & Rice (NF)	48g
Jalapeno Veg Rice (NF)	39g
Thai Veg Curry & Rice	52g
Cheese Wholemeal Margherita Scroll	88g
Pasta Meatballs	43g
Beef Meatballs on Roasted Potatoes	31g
Pesto Pasta	46g

Meal	Carbohydrate Content per serve
Plum	7g
Shrewsberry (1x biscuit)	12g
Popcorn	11g
Pea Crisps Original Salted	6g
Original Foods Hidden Vege Brownie	21g
No Nut Bhuja Mix	9g
Cassava Snack Chip	5g
Corn Chips	9g
Seed Trail Mix	8g
Plain Dinner Roll	19g
Pita Bread	23g
Lime Slurper Yoghurt	5g
Vanilla Slurper Yoghurt	5g