

Gourmet Garden Meal Plans - Children (7-12 years)

Meal	Day 1	Day 2	Day 3
Breakfast	1 1/3 cups wholegrain cereal 1 cup reduced fat milk 1 slice wholegrain toast fruit spread or honey or Grilled tomatoes with Gourmet Garden Parsley or Chives	Luscious Banana Berry Smoothie with Gourmet Garden Ginger	2 wholemeal crumpets 2 teaspoons margarine 2 teaspoons fruits spread or honey 1 cup reduced fat milk
Snack	1 fruit bun 1 teaspoon margarine	1 apple 1 fruit filled wholegrain bar	1 banana
Lunch	1 wholegrain roll 2 tsp margarine mixed with Gourmet Garden Italian Herbs or Basil 2 slices lean ham 1/4 cup lettuce 1 grated carrot	1 large mountain bread 1 tsp hummus mixed with Gourmet Garden Herbs 40g reduced fat cheese 1 grated carrot 1/2 tomato spinach leaves	2 slices wholegrain bread 1 tbs cream cheese mixed with Gourmet Garden Herbs (Dill, Chives or Parsley) 45g tuna 1/2 cup carrot sticks 1 apple
Snack	Banana Smoothie with Gourmet Garden Ginger 1 banana blended with 1 cup reduced fat milk	1 cup reduced fat milk 4 wholegrain crispbread 3 teaspoons peanut butter	200g reduced fat fruit yoghurt 1 muesli bar
Dinner	Chicken Cacciatore with Gourmet Garden Italian Herbs 1 cup cooked pasta 1 1/2 cups cooked vegetables	Spaghetti Bolognese with Gourmet Garden Italian Herbs 2 cups salad vegetables	Oven Fried Herb Crumbed Fish with Gourmet Garden Herbs 1 cup mashed potato 1 cup cooked vegetables tossed with Gourmet Garden Ginger and Honey
Snack	1 apple 200g reduced fat fruit yoghurt	Gourmet Garden Minted Sugar & Fruit	1/2 cup canned fruit 1 cup custard
Nutrition Information	Day 1	Day 2	Day 3
Energy (kJ)	8155	8370	8325
Carbohydrate (g)	267	243	270
Total Sugars (g)	133	98	129
Protein (g)	92	99	100
Total Fat (g)	49	61	49
Saturated Fat (g)	14	23	16
Dietary Fibre (g)	32	38	27
Sodium (mg)	2459	1761	2459

