rockmelon, strawberry, apple, apple, avocado, banana, grape, kiwi fruit, honeydew, watermelon, orange, papaya or paw paw, passionfruit, pear, Pineapple
lasagna  |  roast chicken  |  stir fry  
---|---|---
crumbed fish  |  spaghetti bolognese  |  pasta bake  
vegetable noodles  |  roast vegetables  |  nachos  
chicken curry  |  soup  |  risotto  
pizza  |  macaroni cheese  |  kebabs
beef
lamb
pork
veal
chicken
fish
egg
peanut
cashew nut
prawn
oyster
yellow split peas
lima beans
green split peas
brown lentils
pumpkin seeds
sunflower seeds
almonds
baked beans
tuna
salmon
ham
tofu
light milk
whole fat milk
flavoured milk
cheese stringers
natural yoghurt
flavoured yoghurt
custard
cheese
soy milk
ice cream
cheese slices
frozen yoghurt
potato chips
twisties
corn chips
chocolate bar
chocolate bar
chocolate biscuits
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<th>margarine</th>
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pumpkin
garlic