

Service Name: _____

Weekly Menu

Plan your weekly menus using this menu planner

Requirements

Serve red meat 3 times per week eg lamb, beef or kangaroo. Include at least 1 more iron containing food on these days.

Serve white meat or non-meat meals 2 times per week eg chicken, fish, pork, legumes, eggs or cheese. Include at least 2 more iron containing foods on these days.

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Lunch

Afternoon

I Iron **D** Dairy **R** Red Meat **W** White Meat **N** Non-meat **Vg** Vegetables **F** Fruit **B** Bread / Cereals / Rice / Pasta

Refer to the *Ingredient Quantity Guide Tip Sheet* for more information about what a serve is for each food group.

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