

# WEEKLY MEAL PLAN

This easy-to-read meal plan for aged care food service operations includes cook time, nutrition information (protein, sodium and carbohydrates) per 100g for Angel Bay products and versatile recipe inspiration.

SCAN TO VIEW THE FULL RECIPES



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

BREAKFAST



**Breakfast Burrito**

Cook Time: 30min  
Product: Breakfast Sausage Patty  
Protein 13.7g / Sodium 648mg / Carbs - 9.3g



**Mini Mixed Grill**

Cook Time: 25min  
Product: Breakfast Sausage Patty  
Protein 13.7g / Sodium 648mg / Carbs - 9.3g



**Meatball Breakfast Tacos**

Cook Time: 30min  
Product: Beef Meatballs  
Protein 15.7g / Sodium 610mg / Carbs - 5.4g



**Breakfast Sausage Hash**

Cook Time: 1 hour  
Product: Breakfast Sausage Patty  
Protein 13.7g / Sodium 648mg / Carbs - 9.3g



**Sausage, Bacon & Egg Muffin**

Cook Time: 20min  
Product: Breakfast Sausage Patty  
Protein 13.7g / Sodium 648mg / Carbs - 9.3g

LUNCH



**Saucy Tomato Meatball & Mash**

Cook Time: 45min  
Product: Beef Meatballs  
Protein 15.7g / Sodium 610mg / Carbs - 5.4g



**Lite Open Sandwich**

Cook Time: 40min  
Product: Lite Beef Patties  
Protein 16.3g / Sodium 560mg / Carbs - 5g



**Baked Cheesy Meatballs**

Cook Time: 1 hour, 20 min  
Product: Beef Meatballs  
Protein 15.7g / Sodium 610mg / Carbs - 5.4g



**Meatballs, Chips & Gravy**

Cook Time: 35 min  
Product: Beef Meatballs  
Protein 15.7g / Sodium 610mg / Carbs - 5.4g



**Beef Buddha Bowl**

Cook Time: 30min  
Product: Beef Bites  
Protein 16.9g / Sodium 740mg / Carbs - 7.9g

DINNER



**Beef Rissoles, Mash & Mushrooms**

Cook Time: 45min  
Product: Beef Rissoles  
Protein 16.3g / Sodium 560mg / Carbs - 5g



**Plum Sauce & Broccoli Meatballs**

Cook Time: 40min  
Product: Beef Meatballs  
Protein 15.7g / Sodium 610mg / Carbs - 5.4g



**Spaghetti and Meatballs**

Cook Time: 30 min  
Product: Beef Meatballs  
Protein 15.7g / Sodium 610mg / Carbs - 5.4g



**Meatballs & Veggie Bake**

Cook Time: 50 min  
Product: Beef Meatballs  
Protein 15.7g / Sodium 610mg / Carbs - 5.4g



**Swedish Meatballs**

Cook Time: 35min  
Product: Beef Meatballs  
Protein 15.7g / Sodium 610mg / Carbs - 5.4g