

trim off this white triangle

trim off this white triangle



choice children's catering

We Measure Up

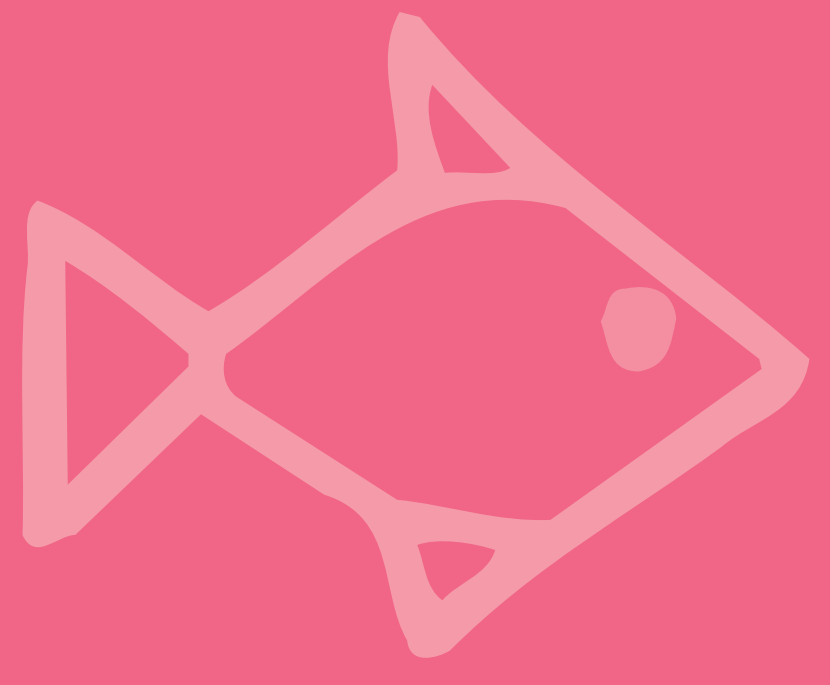
9

Afternoon



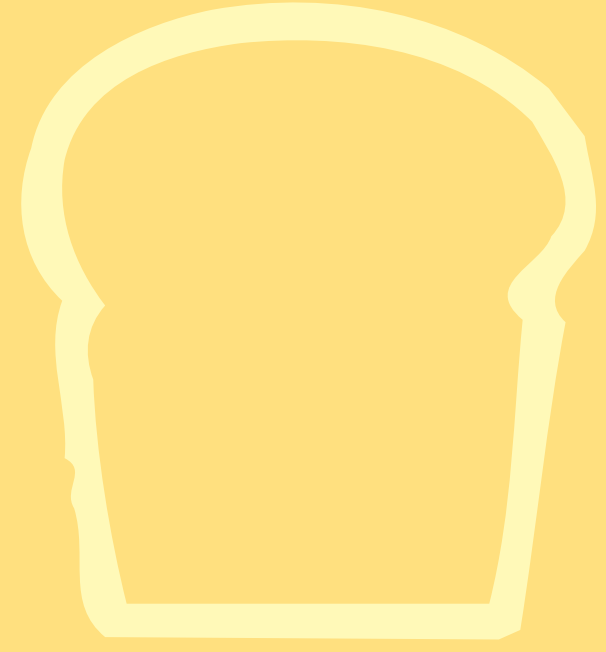
8

Snack



7

Grain Products
125 ml or 2 slices



L

6

Vegetables
80 - 125ml



u

5

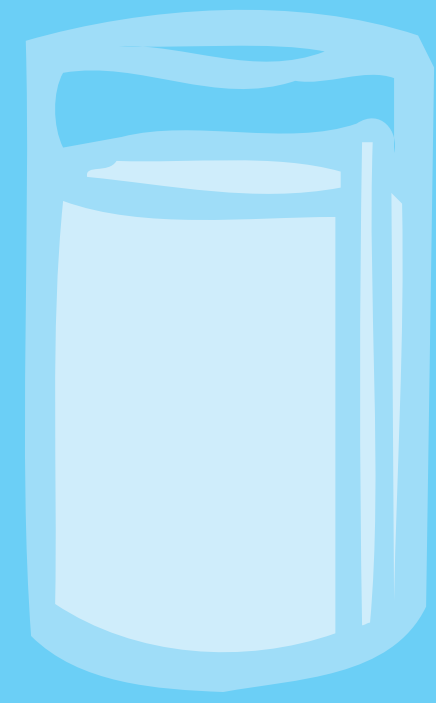
Fruit
90g or 1 whole



n

4

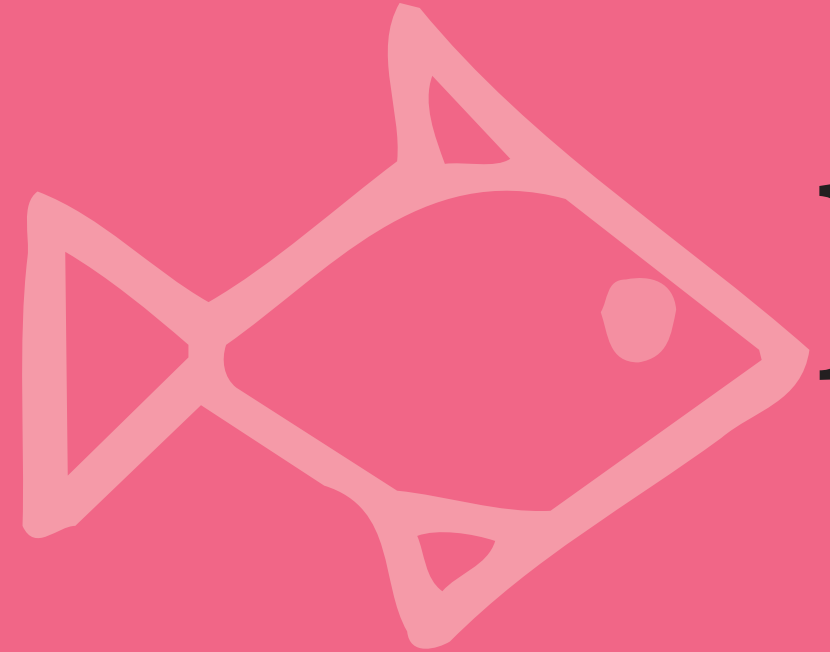
Milk Products
200ml



c

3

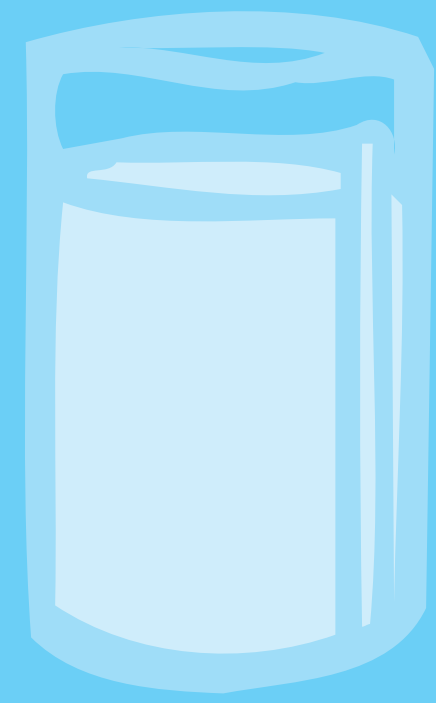
**Meat &
Alternatives**
60g



h

2

Morning



1

Snack

