

## Dinner menu ideas fact sheet

Dinner doesn't have to be heavy to be hearty. At the end of the day you should be able to relax with an enjoyable meal - but don't spoil the day by making it too heavy. That doesn't mean you have to look at a tiny plate of food. Remember it is not just how much you eat but what you eat. Check the balance - there should be plenty of vegetables and some rice, pasta or potato making up three-quarters of your plate. If you prefer to have a bigger lunch and lighter dinner, try the lunch suggestions for lighter dinner alternatives. Relax and enjoy your meal!

- Vegetable and Beef Stir-Fry, rice, fruit salad.
- Small piece of lean steak, mashed potato, vegetables, baked apple with sultanas.
- Fettuccine pasta with marinara sauce (fish or other seafood in tomato, mushroom, herbs and wine sauce), poached pears.
- Pork fillets with mango sauce, layered baked potatoes, vegetables, baked rice.
- Tuna and noodle bake, side salad, baked bananas.
- Egg and spinach pie (filo pastry), large plain salad, low fat yoghurt.
- Barbequed chicken breast, jacket potato with low fat yoghurt, vegetables, tinned fruit.
- Meat and rice loaf, potatoes, vegetables, low fat custard.
- Kebab skewers (lamb, capsicum, onion, mushrooms and cherry tomatoes), rice, topping of low fat yoghurt, fruit salad.
- Chicken and broccoli quiche (filo pastry), large plain salad, stewed apples.
- Fish cooked in foil, large plain salad, small cob of corn, a bread roll or jacket potato, baked custard.
- 3-bean mix and vegetable curry, pasta, low fat yoghurt.
- Apricot chicken, vegetables, rice, reduced fat ice cream and strawberries.
- Spaghetti Bolognese, side salad, fruit yoghurt.
- Vegetable and lentil pie, large plain salad, fruit salad.