



bread



bread roll



rice



pasta



noodles



pita bread



flat bread



porridge



muesli



couscous



toast



corn flakes



rice cakes



English muffins



crumpets



sushi



garden salad



chicken sandwich



fruit salad



smoothie



muffins



yoghurt



Banana bread



wrap



tuna pasta salad



mixed nuts



cereal



ice cream



quiche



antipasto



rockmelon



strawberry



apple



apple



avocado



banana



grape



kiwi fruit



honeydew



watermelon



orange



papaya or paw paw



passionfruit



pear



Pineapple



pomegranate



blueberry



custard apple



coconut



lemon



tomato



saltanas



fig



mandarin



tangelo



mango



plum



apricot



peach



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



fruit in natural juice



biscuits



vegemite toast

fruit in jelly



sultanas



fruit salad

cheese



donuts



vegetable sticks



donut



sweet biscuits



chocolate



hot chips



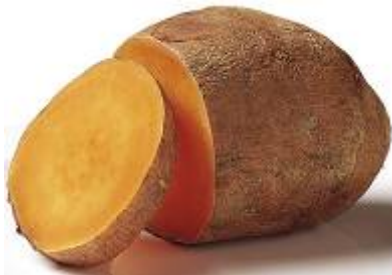
meat pie



ice cream



hamburger	nuggets	margarine
		
potato chips	soft drinks	cooking oil
		
chocolate snacks	cake	lollies



sweet potato



zucchini



articoke



beans



broccoli



chinese broccoli



brussel sprouts



red cabbage



capsicum



carrots



cauliflower



celery



cucumber



onion



leek



lettuce



mushroom



parsnip



snow peas



radish



shallots



spinach



squash



swede



bean shoots



corn



chili



bok choy



beetroot



asparagus



eggplant



rhubarb



dried peas



legumes



peas



potato



pumpkin



garlic