

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A selection of cereal, fruit, yoghurt, toast, spreads, fruit juice and 4 types of milk available daily							
Good Morning	Spaghetti in tomato sauce on wholemeal toast	Seasonal fruit platter with honey yoghurt	Poached eggs	Hot cakes with maple syrup	Grilled chipolatas	Crumpets with honey	SUNDAY BUNCH Eggs, bacon, hash browns mushrooms, pancakes Fruit Bread Croissants Danish Pastries & sliced seasonal fruit
Morning Tea	Passionfruit shortbread	Cheesy mite scrolls	Marble cake	Zucchini & carrot cakes	Banana & muesli muffin	Fresh seasonal fruit	
Lunch Choice 1	tuna, corn, grated carrot & lettuce on rye bread	Shaved beef garden salad with cottage cheese to go	Oven roasted turkey, cranberry & lettuce bagel	Shaved Ham, mustard lettuce wrap	Grilled Tandoori chicken & lettuce on Baguette	Selection of meats & salad placed in A salad bar with A variety of rolls	
Lunch Choice 2	Supa salad on rye bread	Cheese & beetroot garden salad to go	Egg & lettuce on bagel	Salad wrap	Salad fetta & beetroot on baguette		
Afternoon Tea	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Apricot slice	Shirley's secret
Dinner	Fresh fruit, salad bar and chilled water at every meal						
Main Choice	Roast pork with gravy	Beef stroganoff	Lamb Koftas with tabouleh & Lebanese bread with yoghurt dressing	Chicken schnitzel parmigana	BBQ	Fish burgers with tartare sauce	Honey soya chicken wings with prawn chips
Vegetarian Option	Thyme, lemon & potato quiches	Mediterranean vegetables & cannelloni beans pasta	Lebanese brown rice with lentils	Roasted vegetable stacks & fetta		Vegetable, baked Ricotta & basil pasta	Steamed asian greens with oyster sauce & tofu
Vegetables	Roasted mixed vegetables with balsamic glaze Garden peas	Steamed rice Green beans honey carrots	Steamed chat potatoes Garden salad Tabouleh	Scalloped potatoes Steamed cauliflower, broccoli, carrots		Supa salad bar Oven wedges	Steamed rice with vegetables
Dessert	Sticky date mini muffins & vanilla custard	Trio of jelly with whipped cream	Banana slice with cream	Fresh melon slices with yoghurt	Ice block	Two fruits & vanilla custard	Home style Custard tarts

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a selection of cereal, fruit, yoghurt, toast, spreads, fruit juice & 4 types of milk available daily							
Good Morning	Scrambled eggs	Garden herb topped tomatoes	Spaghetti on wholemeal toast	Blueberry pikelets with honey	Raisin toast	Selection Helga's gourmet breads	SUNDAY BUNCH Eggs, bacon, hash browns mushrooms, pancakes Fruit bread Croissants Danish pastries & sliced seasonal fruit
Morning Tea	Sunflower & orange shortbread	Mega afghan cookies	Vanilla iced cup cakes	Lemon sour cream cake	Pizza scrolls	Fresh seasonal fruit	
Lunch Choice 1	Turkey & salad on multigrain roll	Ham, salad & mustard on Turkish pide	Chicken salad baguette	Tuna mayonnaise lettuce sandwich	Meat Hokkien noodle stirfry	Selection of meats/Tuna & salad placed in A salad bar with A variety of rolls	
Lunch Choice 2	Salad & hommus on multi grain roll	Cheese salad on pide	Salad baguette	Beetroot & salad sandwich	Vegetable hokkein noodles & egg ribbons		
Afternoon Tea	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Apricot slice	Shirley's secret
Dinner	Fresh fruit, salad bar and chilled water at every meal						
Main Choice	Grilled steak & Grilled onions	Thai green curry chicken	Sesame & soy steamed fish with fresh ginger	Spaghetti bolognaise	bbq	Greek lamb roast & gravy	Indian Grilled chicken breast
Vegetarian option	Potato & spinach frittata with kidney beans	Vegetable cakes topped with balsamic roasted tomatoes & fetta	Tofu crumbed steaks & fresh tomato salsa	Pasta with chickpeas, garlic chilli & lemon		Vegetable cannelloni with grilled low fat cheese	Vegetable & butter bean curry
Vegetables	Oven baked wedges Cauliflower & broccoli	Steamed rice Stir fried vegetables	Steamed coriander rice Baked zucchini Corn cobettes	Garlic bread Supa salad bar		Assorted roasted vegetables with crumbled fetta topping	Poppadums
Dessert	Chocolate chip mousse & whipped cream	Chocolate brownie with ice cream	Fresh fruit salad & yoghurt	Lemon meringue tartlets	Ice cream	Jelly & custard	Watermelon slices

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A selection of cereal, fruit, yoghurt, toast, spreads, fruit juice & 4 types of milk available daily							
Good Morning	poached eggs on grainy toast	Waffles with maple syrup	Pancakes with lemon & sugar	Spaghetti on toast	Cinnamon toast	English muffins	SUNDAY BUNCH Eggs, bacon, hash browns mushrooms, pancakes Fruit bread Croissants Danish pastries & sliced seasonal fruit
Morning Tea	Pesto cheese fingers	Blue berry & coconut muffins	Poppy seed & lemon cookies	Jaffa Cakes	Lemon sour cream cake	Fresh seasonal fruit	
Lunch Choice 1	Tuna & tabouleh wraps	Turkey & cranberry salad roll	Roast beef & cheese salad baguette	Chicken mayo & lettuce on soy & linseed	Ham garden salad box to go	Selection of meats & salad placed in A salad bar with A variety of rolls	
Lunch Choice 2	Fetta & Vegetable Cous cous salad to go	Falafel & salad roll	Fried rice with vegetables	Salad sandwich on soy linseed	Greek salad box to go		
Afternoon Tea	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Fresh seasonal fruit	Cheese pinwheel scones	Shirley's secret
Dinner	Fresh fruit, salad bar and chilled water at every meal						
Main Choice	Beef in black bean sauce	Oven baked Fish fillets with lemon & tartare	Tandoori drumettes with steamed rice & yoghurt dressing	Moroccan lamb pie	bbq	Roast chicken with gravy	Slow roasted tomato, bacon & chilli pasta
Vegetarian option	Vegetable spring rolls With sweet chilli sauce	Char grilled vegetables & ricotta on tomato pasta	Chickpea & vegetable noodles	Zucchini & Corn cakes with tomato salsa		Warm potato bake @ sundried tom & pine nuts	Cous cous & chickpea patties
Vegetables	Steamed rice Supa salad bar	Oven baked wedges Cauliflower Green beans	Steamed rice Pumpkin & green peas	Mashed potatoes Garden peas Herb breads		Grilled tomatoes beans	Steamed mixed vegetables Garlic bread
Dessert	Fresh fruit salad with yoghurt dip	Ice cream & hot caramel sauce	Chocolate pudding with cream	Raspberry & coconut mini muffins with vanilla custard	Ice cream	Pavlova with fruits	Jelly & custard

