

3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	A selection of cereals Weetbix, muesli, Ricies, cornflakes and porridge over winter, Acidophilus yoghurt, selection of milk; whole and low-fat, Selection of bread; wholegrain, wholemeal, white, Fruit Selection of preserved and fresh fruits Tea, Hot chocolate n water are available with all meals						
Hot breakfast	Queens birthday	Filled Turkish pide	Layered raw salad	Assorted Sandwiches	Pasta noodle layers salad	Scrambled eggs spaghetti	Baked beans hash Browns
Morning Tea		Ginger crunch	Pretzels	Banana muffins	Rocky road	Fruit toast	Chef's creation
Lunch - Main	Queens birthday	Meat ball subs	Mushroom and ham Rissotto	Bacon frittata	Enchiladas	Hawaiian Italian Pizza	Shakshuka
Vegetarian		Falafel ball sub	Mushroom Rissotto	Vegetable Frittata	Enchiladas	Vegie pizza	Shakshuka
extras	Daily Selection of salads (x 3) as per set salad bar, Breads, and Beverages						
Afternoon tea		Samosa	Tomato n basil soup	Cheese scones	Hotcakes spreads	Chefs creation	Cookies
Beverages	Juice	Juice	Juice	Juice	Juice	Juice	Juice
Dinner	Beef stroganoff	Sweet n sour pork	Mexican nachos With sour cream and guacamole	Roast pork with crackling, apple sauce	Fish burgers	Red Thai Beef Curry	Tandoori roast chicken
Carbohydrate	Baked potatoes	Seasoned rice	Corn chips /garlic bread	Spiced potato wedges	chips	Sticky rice	Baked potatoes
Vegetables	Peas corn	Beans green, carrot	Broccoli n corn	Cauliflower, Broccoli	Peas, corn	Cauliflower, Broccoli	Carrot peas
Vegetarian	Pumpkin lentil casserole	Tofu n veg sweet n sour	Vegetarian nachos with chilly black bean	Vegetarian fritters with beans	Veg Burger	root veg curry	Veg tandoori n tofu
Dessert	Choc topped mousse	Ambrosia	Sticky date pudding with caramel sauce	Birthdays cupcakes March, April, may	Berry jelly cups	Donuts Choc topped	Eden mess
supper	Short bread	Carrot n pita sticks n hummus	Muesli bar	Choc chip Biscuits	Fruit basket	Fruit basket	Fruit basket