

1	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						
Weekend breakfast	Baked Beans Porridge	Boiled Eggs Porridge	Poached Eggs Porridge	Scrambled egg Porridge	Spaghetti Porridge	Bacon and Fried eggs	Poached egg Spaghetti
Morning Tea	Berry Danishes	Bag your own pretzels	Banana choc chip muffins	Oaty ginger Crunch	Rice bubble slice	Fruit toast	Chef's Creation
Lunch - Main	Smoked Salmon or Chicken Bagels	Singapore noodles	Italian Melts	Leek and potato soup	Pulled pork Bao buns with sesame slaw	Beef n enchiladas	Salmon cream cheese spinach Quiche
Vegetarian	Roasted veg and caramelised onion Bagels		Mushroom Italian melts		Spiced Tempeh steaks boa bun with sesame slaw	Pumpkin lentil salsa enchiladas	
Salad and Sandwich	Daily salads and a variety of ingredients for Sandwich n roll making included Wholegrain wholemeal n white, wraps, rolls, pitas A selection of tinned fish and Deli meats for Sandwich and Roll fillings. Fresh Seasonal Fruit						
Afternoon tea	Sausage roll	Thai pumpkin soup	Home made Pear n fig scones	Spaghetti boats	Pineapple Banana loaf	Chef's creation	Cookies
Beverages	Juice	Flavoured Milk	Juice	Flavoured Milk	Juice	Flavoured Milk	Juice
Dinner	Apricot glazed Champagne Ham	Glazed soy & mustard Chicken nibbles	Marinated Roast Beef	Butter Chicken	Asian style sweet & sour fish fillet	Five spice spiced marinated pork	Smokey Chicken n garlic Stir fry
Vegetarian	Black bean and chickpea stroganoff	Yellow Thai Tofu Curry	Stuffed Portobello schnitzel	Lentil Palak	Spinach, feta Frittata	Lentil ratatouille	Lentil Stuffed caps
Starch	Golden Roast potato	Steamed rice	Garlic and thyme Roast potatoes	Turmeric rice	Home baked herbed Chips	winter vegetables gratin	Seasoned Noodles
Vegetables	Broccoli carrots	Butter beans, corn	Beans, carrot	Broccoli, cauliflower	Corn, carrot batons	Broccoli, cabbage	Carrots, beans
Dessert	Coconut rice pudding w mango sauce	Choc Mousse	Choc brownie with vanilla cream	Peach n Apple crumble w custard	Passion fruit cheesecake	Ice cream with toppings	Lemon tarts
supper	Short bread	Carrots and hummus pots	Raspberry rolls	Anzac biscuits	Fresh Fruit Basket	Fresh Fruit Basket	Fresh Fruit Basket