

2	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	Boiled eggs Porridge	Spaghetti Porridge	Scrambled Eggs Porridge	Baked beans Porridge	Fried egg Porridge	Poached eggs Hash browns	Boiled egg Spaghetti
Morning Tea	Fudge slice	Corn chips FYOB	Lemon muffins	HM chocolate cake	Choc chip cookies	Fruit muffin	Chef's Creation
Lunch - Main	Savoury filled filo parcel	Steak n cheese pies	Brunch Bacon Poached egg	Mexican chicken wrap	Chicken crofters	Beef Mince on Ciabatta	Hot beef roll
Vegetarian	Tofu and lentil filo parcel	Kumara cashew pies	Hash brown, tomato, mushroom	Mexican bean wrap	Falafel Crofters	Chilli beans on Ciabatta	Root vegie roll
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	Cheese scones	Coconut square	Mini Spring rolls Dipping sauce	Mushroom soup	Vegemite scroll	Chef's creation	Cookies
Beverages	Juice	Flavoured Milk	Juice	Flavoured Milk	Juice	Flavoured Milk	Juice
Dinner	Tomato n Basil Chicken Casserole	Roast pork, gravy, apple sauce	Traditional Lasagne	Beef madras	Beef or Chicken Burgers W fillings	Bangers n onion Gravy	Pickled pork
Vegetarian	Tomato black bean n Basil	Macron lentils n chickpeas Veggies	Pumpkin n Spinach lentil Lasagne	Vege lentil dahl	Vegetarian burger	Vegetarian fritters	Sweet and sour tofu
Starch	Brown or Turmeric rice	Winter Roasties	Garlic bread	Brown/white Rice poppadum's	HM wedges	Mash spuds	Oven backed potatoes
Vegetables	Corn, peas	Butter beans, broccoli	Beans, carrots	Broccoli, cauliflower	Peas, butter beans	Corn, carrot	Broccoli, cauliflower
Dessert	Ambrosia	Berry cheesecake	Pavlova topped with fruit and whipped cream	Choc self-saucing pudding	Ice cream n fresh fruit	Hummingbird cake	Lemon slice
Supper	Homemade cookies	Muesli bars	Carrot and celery with humus	Cheese n crackers	Fresh Fruit Basket	Fresh Fruit Basket	Fresh Fruit Basket