

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						
Weekend breakfast	Baked beans Porridge	Poached eggs Porridge	Scrambled egg Porridge	Spaghetti Porridge	Boiled egg Porridge	Poached eggs Baked beans	Scrambled egg bacon
Morning Tea	Caramel Slice	Double choc muffin	Weet bix slice	FYOB popcorn	Banana cake	crumpets	Chef's choice
Lunch - Main	Prawn Pad Thai	American hotdogs w/fillings	Ham cheese toasted Panini	Singapore noodles	Chicken capsicum soft Tacos	Beef Quesadillas	Eggs bene with bacon and spinach
Vegetarian	Marinated Tofu Pad Thai	Falafel dogs' w/fillings	Roast Mushroom Cheese Toasted Panini	Singapore noodles	Courgette capsicum soft taco	Vegetarian quesadillas	Eggs bene with mushroom and spinach
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	Mini Samosa	Banana n pineapple loaf	Leek n potato soup	Scones n spreads	Ham and cheese boat	Chef's choice	Cookies
Beverages	Juice	Flavoured Milk	Juice	Flavoured Milk	Juice	Flavoured Milk	Juice
Dinner	BBQ chicken drumstick	Beef nachos	Creamy Chicken pumpkin spinach casserole	Mid-winter Champagne Ham	Tempura battered fish	Teriyaki chicken	Roast beef and gravy
Vegetarian	BBQ tofu with roast root vege	Lentil n black bean nachos	Pakora	Filo Parcels n chutney	Roast veg and tofu tart	Polenta chip on stir-fry veg	Stuffed portobellos
Substantial Side	Steamed rice	Garlic bread	Mashed potatoes	Herb roasted baby potato	Hand cut chips	rice	Roast potato
Vegetables	Silverbeet , cabbage	Corn peas	Cauliflower, beans	Broccoli baby carrots	Corn, peas	Carrot, beans	Broccoli, roast veg
Dessert	White choc brownie	Apple short cake	Plum upside-down cake	Berry Meringue tarts	Ice cream and jelly	Passion fruit Cheesecake	Apple rhubarb crumble with custard
Supper	Short bread biscuit	Cheese and crackers	Raspberry twist	Carrot n Hummus	Fresh Fruit Basket	Fresh Fruit Basket	Fresh Fruit Basket