

4	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						
Grab n go Lunches	Couscous n chai seeds salad	Filled Baguette	Assorted Sandwiches	Layered salad pots	Salad filled Rolls	Poached egg Baked beans	Scrambled egg Spaghetti
Morning Tea	Lamingtons	Corn chips	Banana choc chip muffin	Coconut loaf	Choc chip cookies	Crumpets	Chef's creation
Lunch - Main	Pork riblet rolls	Wedges with bacon and sour cream	Singapore pork noodles	Roast pork and caramelised onion on focaccia	Mac n cheese w crispy topping	Creamy Bacon pasta bake	Savoury galette with onion jam bacon and brie cheese
Vegetarian	Marinated Tofu n veg rolls	Wedges with guacamole and sour cream	Singapore egg noodles	Roast veg and haloumi on focaccia	Double cheese mac	Vegetarian pasta bake	Savoury galette with onion jam and brie cheese
extras	Daily Selection of salads (x 3) as per set salad bar, Breads, and Beverages						
Afternoon tea	Spaghetti boats	Spring rolls	Kumara n bacon soup	Pesto and cheese scroll	Choc crackle	Chef's creation	Cookies
Beverages	Juice	Juice	Juice	Juice	Juice	Flavoured Milk	Juice
Dinner	Country Beef casserole	Chicken pesto pasta	Traditional Beef lasagne	Corned silver side w mustard sauce n gravy	Beer battered hoki	Apricot chicken drums	Pineapple pork Asian stir fry
Carbohydrate	Steamed rice	Penne pasta	Garlic bread	Mashed potato	Wedges	Steamed rice	Season Egg noodle
Vegetables	Broc n Cauliflower,	Carrots, beans	Peas corn	Baby Carrot, beans	Peas n corn	Broccoli Cauliflower	Cauliflower, peas
Vegetarian	Polenta chips with stir fry veg	Creamy Mushroom lentil pasta	Pumpkin spinach n Lentil lasagne	Lentils and capsicum	Corn Pattie stacks	Apricot, lentils and veg	Veg tofu stir fry
Dessert	Choc mousse with choc fish	Apple berry crumble	Sago pudding	Chocolate self-sauce pudding	Apple short cake	Fruit cream filled Meringues	Jelly cups
supper	Ginger nuts	Walnut brownie	Carrots pita chips hummus	Mixed biscuit	Fresh fruit basket	Fresh fruit basket	Fresh fruit basket