



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental breakfast	Cereals: house made bircher, weetbix, cornflakes, sultana bran, gluten free muesli and all bran Milk: low fat and full cream cow's milk, soy, lactose free Breads: Artisan bakery ancient wholegrain, soy linseed, sour dough, English muffins, crumpets, gluten free, fig and raisin Condiments: butter and margarine, jams, Vegemite Juice: 100% apple and orange Seasonal fruits: available all day						
Boarders yoghurt and fruit bar	A rotating selection of Greek Brancourts yoghurt, seasonal diced individual fruits, fruit salad, poached fruit, toasted coconut, pepitas, raisins, chia seeds, toasted muesli, fruit compote, berries, honey, sunflower seeds, flaxseed, cinnamon						
Breakfast main	Fried egg with baby spinach, sauté mushrooms and tomato	Blueberry hot cakes with maple and cream Chefs eggs	Scrambled eggs, sourdough toast and sliced avocado	Multigrain toast, poached eggs, spinach and mushrooms (N)	Baked beans, shredded cheese, soft boiled eggs		
Morning Tea (every day)	Selection of crackers, crudités and dips						
Morning Tea additions	Cheese and spinach rolls Yoghurt pots, fruit salad	Tea cake, cinnamon sugar Watermelon chunks	Scones jam and cream	Cheese and tomato slices, avocado salsa Chilled berry smoothie	Chocolate brownie Chilled flavoured milk		
Lunch		Chicken tortillas with lettuce, tomato, carrot and sweet chilli mayonnaise	Sushi and rice paper roll selection	Penne Carbonara with garlic and herb breads	Aussie style beef burger w/ bacon, beetroot and cheese		
Salad Bar	Daily composite salads and a selection of cold meats and proteins, salad vegetables, dressings and sauces						
Boarders' afternoon tea	Selection of cookies, fruit chunks	Two types bruschetta on wholemeal	Cut fruit platter, selection of slices	Crudités with dips and corn chips – toasted tortillas	Gourmet filled wholemeal wraps – build your own		
Boarders' weekend Brunch/Lunch						Chicken and Vegetable stir fry and Chilli mushroom stir fry Chinese noodles	Bacon and fetta frittata or avocado fetta frittata Sourdough with toppings
Dinner rice station	Steamed basmati and brown rice with reduced sodium soy, fried shallots, siracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
Dinner	Honey soy chicken stir fry with broccoli carrot and snap peas	Family service: Char- grilled chicken breasts, Swiss brown mushrooms, bacon, onions and gravy	Carved off the BBQ Rosemary crusted lamb legs and marinated whole chickens	Lemon and herb chicken cutlets, turmeric chat potatoes	BBQ- Seafood selection, herb aioli Chunky chips	Beef souvlaki and chicken tenders	Cuban roasted chicken
Dinner plant based	Snow peas, green beans, tofu and capsicum stir fry	Pasta with fresh tomato and basil sauce, parmesan crumbs	Slow roasted eggplants, cumin roasted vegetables	Fried rice with capsicum green beans and toasted tofu	BBQ- tofu or tempeh with stir fried vegetables	Baby eggplants-filled with vegetable risotto	Wholemeal spaghetti, three cheese sauce and peas
Vegetables and Salads	Baby squash, baby corn and broccolini	Creamy herb potato bake, mixed greens Mesculun leaf salad	Creamy mash Chickpea sweet potato and wild rocket	Honey baby carrots, green beans, broccolini	Traditional garden salad, Chunky chips	Warm cauliflower salad with baby spinach and mint	Root vegetable medley Mixed greens Greek salad – olives and fetta
Desserts	Fruit salad w/ custard and cream	Mini chocolate pavlovas topped with strawberries and cream	Fruit salad with icecream and toppings	Fresh Fruits with greek yoghurt topping	Tropical fruits w/ Icy poles	Cut fruit platter, chocolate mousse sponge fingers	Fruit salad with ice cream



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental breakfast	Cereals: house made bircher, weetbix, cornflakes, sultana bran, gluten free muesli and all bran Milk: low fat and full cream cow's milk, soy, lactose free Breads: Artisan bakery ancient wholegrain, soy linseed, sour dough, English muffins, crumpets, gluten free, fig and raisin Condiments: butter and margarine, jams, Vegemite Juice: 100% apple and orange Seasonal fruits: available all day						
Boarders yoghurt and fruit bar	A rotating selection of Greek Brancourts yoghurt, seasonal diced individual fruits, fruit salad, poached fruit, toasted coconut, pepitas, raisins, chia seeds, toasted muesli, fruit compote, berries, honey, sunflower seeds, flaxseed, cinnamon						
Breakfast main	French toast with maple syrup and berry compote Chefs eggs	Breakfast tortilla with sides of roma tomato and baby spinach	Roasted tomato wilted spinach and poached eggs Build your own pancake bar with honey and lemon	Bacon and eggs with herbed roesti	Scrambled eggs with wilted greens		
Morning Tea (every day)	Selection of crackers, crudités and dips						
Morning Tea additions	Cinnamon pastries Watermelon slices	Bruschetta w/ avocado tomato and basil Melon Wedges	Raspberry banana bread, cinnamon butter Fruit Salad	Cheese and tomato Slices Fruit chunks	Selection of cocktail pies Watermelon Wedges		
Lunch	Tortillas with Mexican beef, caramelised onions, pepperonata, lettuce, tomato salsa	Pork san choi bao lettuce cups, bamboo shoots, Asian style slaw with crispy noodles	Grilled chicken breast and bacon burger on milk bun, baby spinach, cheese and aioli	Sesame chicken poke bowl	Spaghetti with braised beef and tomato with garlic bread		
Salad Bar	Daily composite salads and a selection of cold meats and proteins, salad vegetables, dressings and sauces						
Boarders' afternoon tea	Anzac Cookies, milkshakes	Cut fruit with yoghurts. Dips with crudité and corn chips	Scones with jam and cream	Turkish pizza wedges -two ways	Filled croissants: ham and cheese and cheese and tomato		
Boarders' weekend Brunch/Lunch						Pizza bar :Smoked ham Speedy mushroom and margherita	Baked eggs and poached with wilted spinach Grilled vegetable Bruschetta
Dinner rice station	Steamed basmati and brown rice with reduced sodium soy, fried shallots, siracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
Dinner	BBQ- steak with mushrooms and onions	Family service - Chicken parmigiana	Lemon prawn and dill risotto, shaved parmesan	Beef lasagne with herb and garlic toasts	BBQ: Barramundi and Chicken Tenders-	Steak w/ Jumbo Mushrooms (Chicken skewer)	Roasted lamb carvery with mint jelly and gravy
Dinner plant based	Indonesian fried rice with egg	Spinach and three cheese triangles	Pumpkin and mushroom risotto	Layered pumpkin and spinach lasagne	Kale, mushroom and cheese gozleme	Vegetable kebabs with sticky BBQ glaze	Savoury filled bell peppers
Vegetables and Salads	Rice and green beans, Indonesian gado gado, boiled egg	Herb roasted chats Summer vegetable medley Traditional Greek Salad	Garden salad Caesar salad Garlic greens	Cauliflower, beans and broccoli Tomato bocconcini with basil	Mixed leaf and avocado German potato salad	Greens with lemon dressing Baby beets, fetta, spinach and rocket	Oven roasted root veg medley Selection of greens
Desserts	Fruit Salad w/ ice cream cups and toppings	Apple berry tart with custard and whipped cream	Fruit salad with frosty fruits	Fruit selection with deconstructed pavlovas	Chocolate strawberries and fruit with frozen yoghurt	Fruit Platters w/ yoghurt Topping	Chocolate brownie w/ fresh fruits and crème Chantilly



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental breakfast	Cereals: house made bircher, weetbix, cornflakes, sultana bran, gluten free muesli and all bran Milk: low fat and full cream cow's milk, soy, lactose free Breads: Artisan bakery ancient wholegrain, soy linseed, sour dough, English muffins, crumpets, gluten free, fig and raisin Condiments: butter and margarine, jams, Vegemite Juice: 100% apple and orange Seasonal fruits: available all day						
Boarders yoghurt and fruit bar	A rotating selection of Greek Brancourts yoghurt, seasonal diced individual fruits, fruit salad, poached fruit, toasted coconut, pepitas, raisins, chia seeds, toasted muesli, fruit compote, berries, honey, sunflower seeds, flaxseed, cinnamon						
Breakfast main	Chipolatas sausages, huevas bravos (Mexican baked eggs with beans)	French toast w/ maple syrup and fresh strawberries	Baby spinach and three cheese frittata,	Fried egg and smashed avocado, toasted ciabatta	Home baked beans w/ bacon, hash browns and scrambled eggs		
Morning Tea (every day)	Selection of crackers, crudités and dips						
Morning Tea additions	Sausage rolls tomato relish Fruit salad	Banana bread with honeycomb butter, Fruit Salad w/ yoghurt	Date scones with butter jam and cream Berry blast Smoothie	Cheese and tomato slices Caramel milkshake and cut fruit	Apple Crumble Tea Cake Fruit Salad		
Lunch	Sticky beef strips, hokkein noodles with Asian style vegetables	Chicken Caesar on brioche roll with chopped egg	Sushi and rice paper rolls SB: build your own rice paper with cold meats and tofu	Penne Pasta with two sauces served garlic foccacia	Spiced chicken breasts with oven baked wedges and western style slaw		
Salad Bar	Daily composite salads and a selection of cold meats and proteins, salad vegetables, dressings and sauces						
Boarders' afternoon tea	Chocolate chip muffin	Corn chips with crudités baba ganouch and red pepper dips	Mini bagels with ham cream cheese, smoked salmon and avocado	Passionfruit cookies, seasonal fruit platters	Vanilla chocolate twist		
Boarders' weekend Brunch/Lunch						Chicken and broccoli fettucine with peas and parmesan	Pancake bar with fruit Eggs two ways
Dinner rice station	Steamed basmati and brown rice with reduced sodium soy, fried shallots, siracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
Dinner	Tandoori lamb skewers with cucumber riata, poppadums, mango chutney, banana w/ coconut and roti breads	Family service: Roast herb crusted sirloin with salsa verde and jus	Lang House Choice	Crispy skin lemon chicken with snow peas and sugar snaps	BBQ-salt and pepper squid and sweet and salty chicken tenders Chunky chips	BBQ- Lamb rumps w/Chilli Chicken drumsticks	Pan fried chicken schnitzel w/seeded mustard gravy
Dinner plant based	Spinach dahl w/ paneer and chick peas	Spaghetti with sweet potato and butter bean in fresh tomato sauce	Lang House Choice	Stir fried vegetables with tofu	Quinoa and corn fritters with salsa	Risoni stuffed eggplant	Potato gnocchi w/salsa verde and sundried tomatoes
Vegetables and Salads	Carrots w/ sugar snaps turmeric rice	Roast chat potatoes, snow pea medley, Capsicum and baby corn	Lang House Choice	Steamed rice Asian medley Chinese cabbage slaw	Potato wedges Rocket salad w/ beetroot and fetta crumble	Pearl couscous salad, parsley, cherry tomatoes. Coleslaw w/ crispy noodles	Roasted pumpkin, Buttered greens
Desserts	Icy poles with fruit salad	Upside down cheesecake Fresh fruit pieces	Lang House Choice	Crepes w/ choc fudge sauce and ice cream and fruit salad	Pavlovas-mini with berries, kiwi and cream	Fruit platters with vanilla cups	Ice cream with sauces and watermelon



WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental breakfast	Cereals: house made bircher, weetbix, cornflakes, sultana bran, gluten free muesli and all bran Milk: low fat and full cream cow's milk, soy, lactose free Breads: Artisan bakery ancient wholegrain, soy linseed, sour dough, English muffins, crumpets, gluten free, fig and raisin Condiments: butter and margarine, jams, Vegemite Juice: 100% apple and orange Seasonal fruits: available all day						
Boarders yoghurt and fruit bar	A rotating selection of Greek Brancourts yoghurt, seasonal diced individual fruits, fruit salad, poached fruit, toasted coconut, pepitas, raisins, chia seeds, toasted muesli, fruit compote, berries, honey, sunflower seeds, flaxseed, cinnamon						
Breakfast main	French toast on brioche, berries and maple syrup	Scrambled eggs w/tomato and bacon	baked Beans w/hash browns-boiled eggs	Toasted waffles with berry compote and syrups - coddled eggs	Poached eggs w/bacon and hollandaise sauce		
Morning Tea (every day)	Selection of crackers, crudités and dips						
Morning Tea additions	Mini quiche selection Cut fruit pieces w/ sweet dips	Cinnamon scroll Crudités with flavoured ricotta	Anzac Cookies with Sliced Fruits	Avocado bruschetta, sliced cheese Fruit Salad Cups	Warm chocolate brownie Corn Chips for dips		
Lunch	Mexican beef and bean nachos w/avocado salsa and red kidney beans (N)	Char sui chicken, hokkein noodles with broccoli and snow peas	Bahn mi: Vietnamese crisp chicken roll with sweet chilli glaze and rice vinegar slaw	Spinach and ricotta tortellini with garlic bread	Quesadillas with marinated chicken, cheese, guacamole and tomato salsa		
Salad Bar	Daily composite salads and a selection of cold meats and proteins, salad vegetables, dressings and sauces						
Boarders' afternoon tea	Choc chip cookies Fruit platter	Crudités with dips Fruit chunks with yoghurt dips	Cinnamon and honeycomb muffin	Sweetcorn, heirloom tomato and avocado bruschetta. Watermelon wedges	Fruit chunks, mini pancakes with whipped cinnamon cream and strawberry jam		
Boarders' weekend Brunch/Lunch						Schnitzel burger with bacon, lettuce and cheese Salad bar with cold cuts	Eggs two ways with sourdough breads Sweet pastries and brioche rolls
Dinner rice station	Steamed basmati and brown rice with reduced sodium soy, fried shallots, siracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
Dinner	Chicken breasts with honey mustard glaze (N)	Family service: slow cooked beef steaks with crisp onion rings and mushroom flats	BBQ- lemon pepper chicken tenders - beef sausages	Char sui beef with green beans and baby corn	BBQ: Seafood skewers citrus glaze - chicken sausages	BBQ: Smokey paprika chicken Pork chops, apple sauce	Parmigiana chicken breasts with chunky tomato and cheese
Dinner plant based	Warm quinoa patty, chimichurri	Sweet corn quinoa and lentil fritters served with smashed avocado	Spinach cheese gozleme	Fried rice with egg	Char grilled vegetables w/ fetta	Fried rice with silky egg and shallots	Ratatouille pasta bake
Vegetables and Salads	Potato Bake w/ cheese and cream, medley of greens	Broccoli beans and sweet corn cobs - potato crush	Potato salad with egg, garden salad - build your own	Asian greens tossed in teriyaki glaze Fried rice	Thick cut chips Thai noodle salad Green beans salad	Cabbage salad, leafy greens red wine vinaigrette	Twice cooked potato chats Summer vegetable medley
Desserts	Mini pavlovas topped with glazed strawberries, kiwi and passionfruit drizzle	Caramel slice	Crepes w/caramel sauce and vanilla cream and fruit salad	Ice cream scoops with berries	Choc dipped fruits with marshmallows and cream	Ice-cream cups, coulis, and fruit platter	Baked vanilla cheese cake with fresh berries and cream



WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental breakfast	Cereals: house made bircher, weetbix, cornflakes, sultana bran, gluten free muesli and all bran Milk: low fat and full cream cow's milk, soy, lactose free Breads: Artisan bakery ancient wholegrain, soy linseed, sour dough, English muffins, crumpets, gluten free, fig and raisin Condiments: butter and margarine, jams, Vegemite Juice: 100% apple and orange Seasonal fruits: available all day						
Boarders yoghurt and fruit bar	A rotating selection of Greek Brancourts yoghurt, seasonal diced individual fruits, fruit salad, poached fruit, toasted coconut, pepitas, raisins, chia seeds, toasted muesli, fruit compote, berries, honey, sunflower seeds, flaxseed, cinnamon						
Breakfast main	Crispy bacon and egg with toasted brioche	Hot cakes with berry compote and vanilla yoghurt Chefs eggs	Eggs Benedict w/ sliced avocado and shaved ham	Toasted bagels with scrambled eggs, herbs and roasted tomato	Poached eggs, bacon and wilted baby spinach		
Morning Tea (every day)	Selection of crackers, crudités and dips						
Morning Tea additions	Cocktail Sausage Rolls Fruit Platters Sweet yoghurt	Cinnamon and apple teacake Whole fruits	Samosas with cucumber mint raita Sliced fruits	Cheese and tomato slices, and cornichons	Arancini with aioli B: Fruit Platters yoghurt cups		
Lunch	Tandoori chicken skewers served with turmeric rice and mango chutney	Noodle stir fry with crispy plum chicken and vegetables	Bahn mi- Vietnamese pork roll, Vietnamese rice noodle salad	Asian box: spring rolls, dim sims pork bun, jasmine rice, prawn crackers and sticky wings	Steak burger with the works		
Salad Bar	Daily composite salads and a selection of cold meats and proteins, salad vegetables, dressings and sauces						
Boarders' afternoon tea	Jumbo jam drop cookies Fruit platter	Warm cheese and bacon dip Crudités	Carrot cake dusted with icing sugar	Corn chips, selection of salsas	Fruit chunks with sweet dips and crudité with hommous		
Boarders' weekend Brunch/Lunch						Penne pasta, bacon broccoli, peas and shallots, garlic bread	Pancake bar. Eggs two ways char Grilled vegetables. Artisan breads and rolls
Dinner rice station	Steamed basmati and brown rice with reduced sodium soy, fried shallots, siracha, coriander, teriyaki sauce, kimchi, chinking vinegar and aioli						
Dinner	BBQ- rump steaks with champignon mushrooms	Family service: Veal steak with creamy asparagus	Goodlet House choice	Spanish style boned whole chickens carved to order saffron rice and roast capsicum salsa	BBQ: Barramundi w/ Char sui , Chicken Tenders	BBQ: Ribeye steak chicken sausages	Oven roast rolled chicken, honey mustard glaze
Dinner plant based	Jacket potato w/ toppings including cheese	Sweetcorn, potato and pumpkin fritters, salsa	Goodlet House choice	Butter bean casserole with tomato and spices	Chilli con veggie, tortilla chips and trimmings	Gnocchi with semi dried tomato and crumbled fetta	Roast red peppers with cous cous and herb filling
Vegetables and Salads	Cabbage, kale and broccoli carrots and cauliflower	Medley greens w/ capsicum and carrots, Rosemary chats	Goodlet House choice	Sauteed turmeric potatoes, Green beans with celery and carrots	Hand Cut Chips, Mixed leaves with pepitas Green bean salad	Caesar Salad Garden salad	Honey roasted root vegetables Roast cauliflower with tahina
Desserts	Apple cinnamon crepes with cinnamon cream. Fruit salad	Fruit salad with mini chocolate tarts	Goodlet House choice	Roast stonefruit with ice cream cups	Jaffa brownie with vanilla ice cream	Vanilla cups With Fruit salad	Eton mess



WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Breakfast main	Fried egg with baby spinach, sauté mushrooms and tomato	Blueberry hot cakes with maple and cream Chefs eggs	Scrambled eggs, sourdough toast and sliced avocado	Multigrain toast, poached eggs, spinach and mushrooms (N)	Baked beans, shredded cheese, soft boiled eggs		
Morning Tea (every day)	Selection of crackers, crudités and dips						
Morning Tea additions	Cheese and spinach rolls Yoghurt pots, fruit salad	Tea cake, cinnamon sugar Watermelon chunks	Scones jam and cream	Cheese and tomato slices, avocado salsa Chilled berry smoothie	Chocolate brownie Chilled flavoured milk		
Lunch		Chicken tortillas with lettuce, tomato, carrot and sweet chilli mayonnaise	Sushi and rice paper roll selection	Penne Carbonara with garlic and herb breads	Aussie style beef burger w/ bacon, beetroot and cheese		
Salad Bar	Daily composite salads and a selection of cold meats and proteins, salad vegetables, dressings and sauces						
Boarders' afternoon tea	Selection of cookies, fruit chunks	Two types bruschetta on wholemeal	Cut fruit platter, selection of slices	Crudités with dips and corn chips – toasted tortillas	Gourmet filled wholemeal wraps – build your own		
Boarders' weekend Brunch/Lunch					Chicken and Vegetable stir fry and Chilli mushroom stir fry Chinese noodles	Bacon and fetta frittata or avocado fetta frittata Sourdough with toppings	
Dinner rice station	Steamed basmati and brown rice with reduced sodium soy, fried shallots, siracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
Dinner	Honey soy chicken stir fry with broccoli carrot and snap peas	Family service: Char- grilled chicken breasts, Swiss brown mushrooms, bacon, onions and gravy	Carved off the BBQ Rosemary crusted lamb legs and marinated whole chickens	Lemon and herb chicken cutlets, turmeric chat potatoes	BBQ- Seafood selection, herb aioli Chunky chips	Beef souvlaki and chicken tenders	Cuban roasted chicken
Dinner plant based	Snow peas, green beans, tofu and capsicum stir fry	Pasta with fresh tomato and basil sauce, parmesan crumbs	Slow roasted eggplants, cumin roasted vegetables	Fried rice with capsicum green beans and toasted tofu	BBQ- tofu or tempeh with stir fried vegetables	Baby eggplants-filled with vegetable risotto	Wholemeal spaghetti, three cheese sauce and peas
Vegetables and Salads	Baby squash, baby corn and broccolini	Creamy herb potato bake, mixed greens Mesclun leaf salad	Creamy mash Chickpea sweet potato and wild rocket	Honey baby carrots, green beans, broccolini	Traditional garden salad, Chunky chips	Warm cauliflower salad with baby spinach and mint	Root vegetable medley Mixed greens Greek salad – olives and fetta
Desserts	Fruit salad w/ custard and cream	Mini chocolate pavlovas topped with strawberries and cream	Fruit salad with icecream and toppings	Fresh Fruits with greek yoghurt topping	Tropical fruits w/ Icy poles	Cut fruit platter, chocolate mousse sponge fingers	Fruit salad with ice cream



WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Breakfast main	French toast with maple syrup and berry compote Chefs eggs	Breakfast tortilla with sides of roma tomato and baby spinach	Roasted tomato wilted spinach and poached eggs Build your own pancake bar with honey and lemon	Bacon and eggs with herbed roesti	Scrambled eggs with wilted greens		
Morning Tea (every day)	Selection of crackers, crudité and dips						
Morning Tea additions	Cinnamon pastries Watermelon slices	Bruschetta w/ avocado tomato and basil Melon Wedges	Raspberry banana bread, cinnamon butter Fruit Salad	Cheese and tomato Slices Fruit chunks	Selection of cocktail pies Watermelon Wedges		
Lunch	Tortillas with Mexican beef, caramelised onions, pepperonata, lettuce, tomato salsa	Pork san choi bao lettuce cups, bamboo shoots, Asian style slaw with crispy noodles	Grilled chicken breast and bacon burger on milk bun, baby spinach, cheese and aioli	Sesame chicken poke bowl	Spaghetti with braised beef and tomato with garlic bread		
Salad Bar	Daily composite salads and a selection of cold meats and proteins, salad vegetables, dressings and sauces						
Boarders' afternoon tea	Anzac Cookies, milkshakes	Cut fruit with yoghurts. Dips with crudité and corn chips	Scones with jam and cream	Turkish pizza wedges -two ways	Filled croissants: ham and cheese and tomato		
Boarders' weekend Brunch/Lunch						Pizza bar :Smoked ham Speedy mushroom and margherita	Baked eggs and poached with wilted spinach Grilled vegetable Bruschetta
Dinner rice station	Steamed basmati and brown rice with reduced sodium soy, fried shallots, siracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
Dinner	BBQ- steak with mushrooms and onions	Family service - Chicken parmigiana	Lemon prawn and dill risotto, shaved parmesan	Beef lasagne with herb and garlic toasts	BBQ: Barramundi and Chicken Tenders-	Steak w/ Jumbo Mushrooms (Chicken skewer)	Roasted lamb carvery with mint jelly and gravy
Dinner plant based	Indonesian fried rice with egg	Spinach and three cheese triangles	Pumpkin and mushroom risotto	Layered pumpkin and spinach lasagne	Kale, mushroom and cheese gozleme	Vegetable kebabs with sticky BBQ glaze	Savoury filled bell peppers
Vegetables and Salads	Rice and green beans, Indonesian gado gado, boiled egg	Herb roasted chats Summer vegetable medley Traditional Greek Salad	Garden salad Caesar salad Garlic greens	Cauliflower, beans and broccoli Tomato bocconcini with basil	Mixed leaf and avocado German potato salad	Greens with lemon dressing Baby beets, fetta, spinach and rocket	Oven roasted root veg medley Selection of greens
Desserts	Fruit Salad w/ ice cream cups and toppings	Apple berry tart with custard and whipped cream	Fruit salad with frosty fruits	Fruit selection with deconstructed pavlovas	Chocolate strawberries and fruit with frozen yoghurt	Fruit Platters w/ yoghurt Topping	Chocolate brownie w/ fresh fruits and crème Chantilly



WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Breakfast main	Chipolatas sausages, huevas bravos (Mexican baked eggs with beans)	French toast w/ maple syrup and fresh strawberries	Baby spinach and three cheese frittata,	Fried egg and smashed avocado, toasted ciabatta	Home baked beans w/ bacon, hash browns and scrambled eggs		
Morning Tea (every day)	Selection of crackers, crudités and dips						
Morning Tea additions	Sausage rolls tomato relish Fruit salad	Banana bread with honeycomb butter, Fruit Salad w/ yoghurt	Date scones with butter jam and cream Berry blast Smoothie	Cheese and tomato slices Caramel milkshake and cut fruit	Apple Crumble Tea Cake Fruit Salad		
Lunch	Sticky beef strips, hokkein noodles with Asian style vegetables	Chicken Caesar on brioche roll with chopped egg	Sushi and rice paper rolls SB: build your own rice paper with cold meats and tofu	Penne Pasta with two sauces served garlic foccacia	Spiced chicken breasts with oven baked wedges and western style slaw		
Salad Bar	Daily composite salads and a selection of cold meats and proteins, salad vegetables, dressings and sauces						
Boarders' afternoon tea	Chocolate chip muffin	Corn chips with crudités baba ganouch and red pepper dips	Mini bagels with ham cream cheese, smoked salmon and avocado	Passionfruit cookies, seasonal fruit platters	Vanilla chocolate twist		
Boarders' weekend Brunch/Lunch						Chicken and broccoli fettucine with peas and parmesan	Pancake bar with fruit Eggs two ways
Dinner rice station	Steamed basmati and brown rice with reduced sodium soy, fried shallots, siracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
Dinner	Tandoori lamb skewers with cucumber riata, poppadums, mango chutney, banana w/ coconut and roti breads	Family service: Roast herb crusted sirloin with salsa verde and jus	Lang House Choice	Crispy skin lemon chicken with snow peas and sugar snaps	BBQ-salt and pepper squid and sweet and salty chicken tenders Chunky chips	BBQ- Lamb rumps w/Chilli Chicken drumsticks	Pan fried chicken schnitzel w/seeded mustard gravy
Dinner plant based	Spinach dahl w/ paneer and chick peas	Spaghetti with sweet potato and butter bean in fresh tomato sauce	Lang House Choice	Stir fried vegetables with tofu	Quinoa and corn fritters with salsa	Risoni stuffed eggplant	Potato gnocchi w/salsa verde and sundried tomatoes
Vegetables and Salads	Carrots w/ sugar snaps turmeric rice	Roast chat potatoes, snow pea medley, Capsicum and baby corn	Lang House Choice	Steamed rice Asian medley Chinese cabbage slaw	Potato wedges Rocket salad w/ beetroot and fetta crumble	Pearl couscous salad, parsley, cherry tomatoes. Coleslaw w/ crispy noodles	Roasted pumpkin, Buttered greens
Desserts	Icy poles with fruit salad	Upside down cheesecake Fresh fruit pieces	Lang House Choice	Crepes w/ choc fudge sauce and ice cream and fruit salad	Pavlovas-mini with berries, kiwi and cream	Fruit platters with vanilla cups	Ice cream with sauces and watermelon



WEEK 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental breakfast	Cereals: house made bircher, weetbix, cornflakes, sultana bran, gluten free muesli and all bran Milk: low fat and full cream cow's milk, soy, lactose free Breads: Artisan bakery ancient wholegrain, soy linseed, sour dough, English muffins, crumpets, gluten free, fig and raisin Condiments: butter and margarine, jams, Vegemite Juice: 100% apple and orange Seasonal fruits: available all day						
Boarders yoghurt and fruit bar	A rotating selection of Greek Brancourts yoghurt, seasonal diced individual fruits, fruit salad, poached fruit, toasted coconut, pepitas, raisins, chia seeds, toasted muesli, fruit compote, berries, honey, sunflower seeds, flaxseed, cinnamon						
Breakfast main	French toast on brioche, berries and maple syrup	Scrambled eggs w/tomato and bacon	baked Beans w/hash browns-boiled eggs	Toasted waffles with berry compote and syrups - coddled eggs	Poached eggs w/bacon and hollandaise sauce		
Morning Tea (every day)	Selection of crackers, crudités and dips						
Morning Tea additions	Mini quiche selection Cut fruit pieces w/ sweet dips	Cinnamon scroll Crudités with flavoured ricotta	Anzac Cookies with Sliced Fruits	Avocado bruschetta, sliced cheese Fruit Salad Cups	Warm chocolate brownie Corn Chips for dips		
Lunch	Mexican beef and bean nachos w/avocado salsa and red kidney beans (N)	Char sui chicken, hokkein noodles with broccoli and snow peas	Bahn mi: Vietnamese crisp chicken roll with sweet chilli glaze and rice vinegar slaw	Spinach and ricotta tortellini with garlic bread	Quesadillas with marinated chicken, cheese, guacamole and tomato salsa		
Salad Bar	Daily composite salads and a selection of cold meats and proteins, salad vegetables, dressings and sauces						
Boarders' afternoon tea	Choc chip cookies Fruit platter	Crudités with dips Fruit chunks with yoghurt dips	Cinnamon and honeycomb muffin	Sweetcorn, heirloom tomato and avocado bruschetta. Watermelon wedges	Fruit chunks, mini pancakes with whipped cinnamon cream and strawberry jam		
Boarders' weekend Brunch/Lunch						Schnitzel burger with bacon, lettuce and cheese Salad bar with cold cuts	Eggs two ways with sourdough breads Sweet pastries and brioche rolls
Dinner rice station	Steamed basmati and brown rice with reduced sodium soy, fried shallots, siracha, coriander, teriyaki sauce, kimchi, chinking vinegar and aioli						
Dinner	Chicken breasts with honey mustard glaze (N)	Family service: slow cooked beef steaks with crisp onion rings and mushroom flats	BBQ- lemon pepper chicken tenders - beef sausages	Char sui beef with green beans and baby corn	BBQ: Seafood skewers citrus glaze – chicken sausages	BBQ: Smokey paprika chicken Pork chops, apple sauce	Parmigiana chicken breasts with chunky tomato and cheese
Dinner plant based	Warm quinoa patty, chimichurri	Sweet corn quinoa and lentil fritters served with smashed avocado	Spinach cheese gozleme	Fried rice with egg	Char grilled vegetables w/ fetta	Fried rice with silky egg and shallots	Ratatouille pasta bake
Vegetables and Salads	Potato Bake w/ cheese and cream, medley of greens	Broccoli beans and sweet corn cobs - potato crush	Potato salad with egg, garden salad - build your own	Asian greens tossed in teriyaki glaze Fried rice	Thick cut chips Thai noodle salad Green beans salad	Cabbage salad, leafy greens red wine vinaigrette	Twice cooked potato chats Summer vegetable medley
Desserts	Mini pavlovas topped with glazed strawberries, kiwi and passionfruit drizzle	Caramel slice	Crepes w/caramel sauce and vanilla cream and fruit salad	Ice cream scoops with berries	Choc dipped fruits with marshmallows and cream	Ice-cream cups, coulis, and fruit platter	Baked vanilla cheese cake with fresh berries and cream



WEEK 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental breakfast	Cereals: house made bircher, weetbix, cornflakes, sultana bran, gluten free muesli and all bran Milk: low fat and full cream cow's milk, soy, lactose free Breads: Artisan bakery ancient wholegrain, soy linseed, sour dough, English muffins, crumpets, gluten free, fig and raisin Condiments: butter and margarine, jams, Vegemite Juice: 100% apple and orange Seasonal fruits: available all day						
Boarders yoghurt and fruit bar	A rotating selection of Greek Brancourts yoghurt, seasonal diced individual fruits, fruit salad, poached fruit, toasted coconut, pepitas, raisins, chia seeds, toasted muesli, fruit compote, berries, honey, sunflower seeds, flaxseed, cinnamon						
Breakfast main	Crispy bacon and egg with toasted brioche	Hot cakes with berry compote and vanilla yoghurt Chefs eggs	Eggs Benedict w/ sliced avocado and shaved ham	Toasted bagels with scrambled eggs, herbs and roasted tomato	Poached eggs, bacon and wilted baby spinach		
Morning Tea (every day)	Selection of crackers, crudités and dips						
Morning Tea additions	Cocktail Sausage Rolls Fruit Platters Sweet yoghurt	Cinnamon and apple teacake Whole fruits	Samosas with cucumber mint raita Sliced fruits	Cheese and tomato slices, and cornichons	Arancini with aioli B: Fruit Platters yoghurt cups		
Lunch	Tandoori chicken skewers served with turmeric rice and mango chutney	Noodle stir fry with crispy plum chicken and vegetables	Bahn mi- Vietnamese pork roll, Vietnamese rice noodle salad	Asian box: spring rolls, dim sims pork bun, jasmine rice, prawn crackers and sticky wings	Steak burger with the works		
Salad Bar	Daily composite salads and a selection of cold meats and proteins, salad vegetables, dressings and sauces						
Boarders' afternoon tea	Jumbo jam drop cookies Fruit platter	Warm cheese and bacon dip Crudités	Carrot cake dusted with icing sugar	Corn chips, selection of salsas	Fruit chunks with sweet dips and crudité with hommous		
Boarders' weekend Brunch/Lunch						Penne pasta, bacon broccoli, peas and shallots, garlic bread	Pancake bar. Eggs two ways char Grilled vegetables. Artisan breads and rolls
Dinner rice station	Steamed basmati and brown rice with reduced sodium soy, fried shallots, siracha, coriander, teriyaki sauce, kimchi, chinking vinegar and aioli						
Dinner	BBQ- rump steaks with champignon mushrooms	Family service: Veal steak with creamy asparagus	Goodlet House choice	Spanish style boned whole chickens carved to order saffron rice and roast capsicum salsa	BBQ: Barramundi w/ Char sui , Chicken Tenders	BBQ: Ribeye steak chicken sausages	Oven roast rolled chicken, honey mustard glaze
Dinner plant based	Jacket potato w/ toppings including cheese	Sweetcorn, potato and pumpkin fritters, salsa	Goodlet House choice	Butter bean casserole with tomato and spices	Chilli con veggie, tortilla chips and trimmings	Gnocchi with semi dried tomato and crumbled fetta	Roast red peppers with cous cous and herb filling
Vegetables and Salads	Cabbage, kale and broccoli carrots and cauliflower	Medley greens w/ capsicum and carrots, Rosemary chats	Goodlet House choice	Sauteed turmeric potatoes, Green beans with celery and carrots	Hand Cut Chips, Mixed leaves with pepitas Green bean salad	Caesar Salad Garden salad	Honey roasted root vegetables Roast cauliflower with tahina
Desserts	Apple cinnamon crepes with cinnamon cream. Fruit salad	Fruit salad with mini chocolate tarts	Goodlet House choice	Roast stonefruit with ice cream cups	Jaffa brownie with vanilla ice cream	Vanilla cups With Fruit salad	Eton mess



WEEK 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental breakfast	Cereals: house made bircher, weetbix, cornflakes, sultana bran, gluten free muesli and all bran Milk: low fat and full cream cow's milk, soy, lactose free Breads: Artisan bakery ancient wholegrain, soy linseed, sour dough, English muffins, crumpets, gluten free, fig and raisin Condiments: butter and margarine, jams, Vegemite Juice: 100% apple and orange Seasonal fruits: available all day						
Boarders yoghurt and fruit bar	A rotating selection of Greek Brancourts yoghurt, seasonal diced individual fruits, fruit salad, poached fruit, toasted coconut, pepitas, raisins, chia seeds, toasted muesli, fruit compote, berries, honey, sunflower seeds, flaxseed, cinnamon						
Breakfast main	Fried egg with baby spinach, sauté mushrooms and tomato	Blueberry hot cakes with maple and cream Chefs eggs	Scrambled eggs, sourdough toast and sliced avocado	Multigrain toast, poached eggs, spinach and mushrooms (N)	Baked beans, shredded cheese, soft boiled eggs		
Morning Tea (every day)	Selection of crackers, crudités and dips						
Morning Tea additions	Cheese and spinach rolls Yoghurt pots, fruit salad	Tea cake, cinnamon sugar Watermelon chunks	Scones jam and cream	Cheese and tomato slices, avocado salsa Chilled berry smoothie	Chocolate brownie Chilled flavoured milk		
Lunch		Chicken tortillas with lettuce, tomato, carrot and sweet chilli mayonnaise	Sushi and rice paper roll selection	Penne Carbonara with garlic and herb breads	Aussie style beef burger w/ bacon, beetroot and cheese		
Salad Bar	Daily composite salads and a selection of cold meats and proteins, salad vegetables, dressings and sauces						
Boarders' afternoon tea	Selection of cookies, fruit chunks	Two types bruschetta on wholemeal	Cut fruit platter, selection of slices	Crudités with dips and corn chips – toasted tortillas	Gourmet filled wholemeal wraps – build your own		
Boarders' weekend Brunch/Lunch					Chicken and Vegetable stir fry and Chilli mushroom stir fry Chinese noodles	Bacon and fetta frittata or avocado fetta frittata Sourdough with toppings	
Dinner rice station	Steamed basmati and brown rice with reduced sodium soy, fried shallots, siracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
Dinner	Honey soy chicken stir fry with broccoli carrot and snap peas	Family service: Char- grilled chicken breasts, Swiss brown mushrooms, bacon, onions and gravy	Carved off the BBQ Rosemary crusted lamb legs and marinated whole chickens	Lemon and herb chicken cutlets, turmeric chat potatoes	BBQ- Seafood selection, herb aioli Chunky chips	Beef souvlaki and chicken tenders	Cuban roasted chicken
Dinner plant based	Snow peas, green beans, tofu and capsicum stir fry	Pasta with fresh tomato and basil sauce, parmesan crumbs	Slow roasted eggplants, cumin roasted vegetables	Fried rice with capsicum green beans and toasted tofu	BBQ- tofu or tempeh with stir fried vegetables	Baby eggplants-filled with vegetable risotto	Wholemeal spaghetti, three cheese sauce and peas
Vegetables and Salads	Baby squash, baby corn and broccolini	Creamy herb potato bake, mixed greens Mesculun leaf salad	Creamy mash Chickpea sweet potato and wild rocket	Honey baby carrots, green beans, broccolini	Traditional garden salad, Chunky chips	Warm cauliflower salad with baby spinach and mint	Root vegetable medley Mixed greens Greek salad – olives and fetta
Desserts	Fruit salad w/ custard and cream	Mini chocolate pavlovas topped with strawberries and cream	Fruit salad with icecream and toppings	Fresh Fruits with greek yoghurt topping	Tropical fruits w/ Icy poles	Cut fruit platter, chocolate mousse sponge fingers	Fruit salad with ice cream