

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Continental br assorted breads for	reakfast consisting of a variety of coasting, including high fibre opt	tose-free milk; juice, tea and coffee.				
Hot breakfast	Scrambled eggs, sautéed mushroom and sourdough toast; boiled eggs	Feta, spinach and tomato frittata slice; boiled eggs	Pancakes with berry compote and maple syrup; boiled eggs	Hash browns, roast tomatoes, chipolata sausages; boiled eggs	French toast with cream and maple syrup; crispy bacon rashers; boiled eggs		Grilled bacon, scrambled eggs, boiled eggs, sautéed mushrooms; banana bread with ricotta cheese and berries; chia fruit pots
Morning tea	Mini croissants with spreads; steamed rice with condiments	Spinach and cheese rolls; fruit; steamed rice with condiments	Blueberry muffins; crudités; steamed rice with condiments	Cracker selection: sliced cheese, tomato, avocado salsa; steamed rice with condiments	Caramel slice; fruit; steamed rice with condiments		
Lunch	Sushi day: assorted sushi rolls; edamame; inari; miso soup	Mexican beef and bean nachos with tomato corn salsa, sour cream, guacamole and cheese	Crispy chicken tender wrap with lettuce, tomato, cheese and sweet chilli mayonnaise Crumbed tofu wrap with lettuce, tomato, cheese and sweet chilli mayonnaise (V)	Pork san choy bow with bamboo shoots, beans and hoi sin sauce, wrapped in lettuce cups served with fried rice  Mushroom san choy bow bamboo shoot bean, hoi sin sauce wrapped in lettuce cups (V)	Penne carbonara (creamy bacon and cheese sauce) with garlic herb bread Penne with tomato, basil and mushroom sauce; garlic herb bread (V)	Make-your-own chicken schnitzel burgers with baby spinach, aioli, cheddar cheese and avocado; sweet potato chips	Assorted sandwiches (tuna salad; chicken, cheese and avocado; shaved ham, tomato and cheese); fruit platter
Afternoon tea	Crudités with dips and crackers; fruit chunks	Bacon and cheese scrolls	Vanilla biscuit; crudités with dips; fruit	Scones with jam and cream; crudités and dip	Avocado smash with crackers; fruit platter		English muffin pizza melts (tomato, mozzarella cheese, ham and mushrooms)
Dinner	Garlic-lemon roast chicken drumsticks	Grilled salmon with lemon wedges	Lamb curry with basmati rice and mint yoghurt; pappadums	Crispy chicken and vegetable noodle stir fry	Char sui pork ribs; vegetarian fried rice	Middle Eastern barbecue: grilled lamb kofta skewers; shawarma chicken; char sui pork ribs; vegetarian fried rice	Lamb cottage pie with cheesy mash
Vegetarian	Seasonal vegetable stack	Filled field mushrooms with fresh herbs, haloumi and spinach	Sweet potato and chickpea curry	Tofu and vegetable noodle stir fry	Tofu and mixed mushroom stir fry with hoi sin sauce		Roast vegetable pie
Vegetables and salads	Buttery couscous; roast pumpkin, green beans and steamed broccoli	Roasted crushed potato and herbs; mixed greens	Roast cauliflower and pepita salad; red lentil dahl; garlic flatbread	Vegetarian spring rolls; simple Çaesar salad	Bok choy and wombok stir fry with ginger	Labneh; garlic yoghurt; flatbread; fatoush salad; Mediterranean chickpea salad; barbecued lemon potatoes; beans	Roast carrots, pumpkin and Brussels sprouts
Dessert	Ice cream sundae bar: strawberry or chocolate topping, chocolate bits, whipped cream, tinned peaches and mixed lollies	Fresh fruit with honey Greek yoghurt	Warm sticky date pudding with cream with butterscotch sauce	Frozen yoghurt; fruit	Coconut tapioca pudding with fruit coulis	Ice cream cups, milo cups	Eton Mess





WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast		reakfast consisting of a variety of toasting, including high fibre opt					
Hot breakfast	Waffles with and maple syrup; boiled eggs	Baked beans, bacon, sautéed mushrooms; fried eggs; boiled eggs	Roasted tomato, wilted spinach and poached eggs; boiled eggs	Potato herb rosti; bacon; fried eggs; boiled eggs	Scrambled eggs with mixed herbs; avocado smash; boiled eggs		Fried eggs, boiled eggs, grilled cherry tomatoes, tinned spaghetti, crispy bacon; Bircher muesli pots; apple Danish
Morning tea	Tomato-basil bruschetta on Turkish bread; steamed rice with condiments	Vanilla twists; watermelon with Greek yoghurt; steamed rice with condiments	Chocolate banana bread; fruit salad; steamed rice with condiments	Crackers selection with sliced cheese, tomato, and avocado salsa; crudités with dips; steamed rice with condiments	Mini quiches: Lorraine and vegetarian; watermelon; steamed rice with condiments		
Lunch	Pumpkin ravioli with creamy tomato-basil sauce; garlic bread	Sushi boxes: teriyaki chicken, tuna, chicken schnitzel; Inari (V)  Soba noodle salad: edamame beans, corn, sesame seeds, green beans, cabbage shredded, rice vinegar dressing	Pulled beef burger with coleslaw, tomato relish and potato wedges	Sticky soy chicken drumsticks; vegetarian fried rice	BLAT: bacon, lettuce, tomato, avocado, seeded mustard and mayonnaise on Turkish	Yum cha: vegetarian spring rolls, chicken dumplings, barbecue pork buns, vegetable wontons, stir fry hokkien noodles; jasmine tea; chilled orange wedges	Assorted wraps (egg and lettuce; chicken and lettuce; ham and salad); fruit platter
Afternoon tea	Crudités with dips; fruit	Chocolate chip cookie; fruit salad	Scones with jam and cream; fruit	Turkish pizza wedges: Napolitano and Hawaiian	Cheese and fruit platters		Chocolate chip cookies
Dinner	Chicken schnitzel	Grilled T-bone steak	House choice	Grilled lamb chops with mushroom gravy (sauce on the side)	Barbecue seafood dinner on the lawn: barramundi; king prawns; garlic calamari	Pizza night: ham and pineapple; margarita	Half roast chicken with gravy
Vegetarian	Eggplant parmigiana	Cauliflower fritters with salsa verde		Grilled quinoa and spinach patty with salsa verde ( sauce on the side)	Grilled salt and pepper tofu skewers; grilled field mushrooms		Stuffed capsicum with tomato rice, brown lentils and fresh herbs
Vegetables and salads	Roast sweet potatoes; mushroom risotto; broccoli, carrots and peas	Chunky chips; green beans; roast carrots		Cauliflower, beans and broccoli; tomato and bocconcini salad with basil dressing	Coleslaw; garden salad; potato salad with yoghurt- herb dressing	Greek salad; garlic bread	Roast potatoes; baked pumpkin; green beans and peas
Dessert	Berliner sugar donuts; melon	Tiramisu with strawberries	House choice	Pancakes whipped cream and toppings (chocolate, strawberry and caramel)	Fruit salad	Ice cream sticks	Chocolate brownie with whipped cream and strawberries





WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast		reakfast consisting of a variety of toasting, including high fibre opt					
Hot breakfast	Chipolata sausages with Mexican beans; boiled eggs	French toast, maple syrup and strawberries; boiled eggs	Baby spinach and three- cheese frittata; bacon; boiled eggs	Poached eggs and smashed avocado with toasted ciabatta; boiled eggs	Baked beans with bacon and hash browns; fried eggs; boiled eggs		Grilled chipolata sausages, scrambled eggs, boiled eggs, hash browns; mushrooms; croissants with spreads
Morning tea	Sausage rolls with tomato relish; crudités and dip; steamed rice with condiments	Banana bread; fruit salad with yoghurt; steamed rice with condiments	Chocolate chip muffins; crudités and dips; steamed rice with condiments	Spinach and cheese triangles; fruit; steamed rice with condiments	Cinnamon scrolls; crudités with dip; steamed rice with condiments		
Lunch	Penne pasta with tomato- basil sauce; garlic bread	Sushi day: Sushi boxes; inari; edamame; sushi rolls; poke bowls	Meatball sub with cheddar cheese and Napolitano sauce; sweet potato wedges	Vegetarian fried rice; spring rolls, vegetable gyoza and pork and chive dumplings	Garlic grilled chicken breast with oven baked wedges and slaw Cauliflower and chickpea fritters with oven baked wedges and slaw (V)	Chicken and leek pie; garden salad with avocado.	Assorted sandwiches (tuna salad; chicken, cheese and avocado; shaved ham, tomato and cheese); fruit platter
Afternoon tea	White chocolate and raspberry muffin	Corn chips with crudités; hummus and avocado dip	Cheese and crackers; watermelon wedges	Chocolate chip cookies; fruit	Crudités with bacon spinach dip		Vanilla-chocolate twist
Dinner	Tempura fish served with tartare sauce	Indian chicken and potato curry with cucumber raita and pappadums; fragrant rice	Lamb chops with gravy and mint jelly	Chicken schnitzel with lemon wedges; fruit	Paella on the lawn: chicken and chorizo	Make-your-own beef tacos; cheddar cheese; sour cream; guacamole; corn and tomato salsa; lettuce; potato wedges	Roast pork belly, gravy, apple sauce
Vegetarian	Tempura vegetables	Spinach and lentil dahl with cucumber raita and poppadums, vegetables	Grilled haloumi and field mushroom; salsa verde	Crumbed herb eggplant	Vegetarian paella	Bean and vegetable tacos	Roasted vegetable stack with salsa verde
Vegetables and salads	Chips; Caprese salad; roast beetroot and spinach salad with pepita seeds	Cucumber mint salad; roast tomato salad; broccoli	Caesar salad; sautéed garlic kale, broccoli and roast sweet potato wedges	Broccoli, carrots and peas; potato wedges; coleslaw with crispy noodles	Mixed salad	Tomato, beans and corn rice	Roasted pumpkin; zucchini, potatoes and cauliflower; haloumi salad with avocado and cherry tomatoes
Dessert	Fruit salad	Tim Tam ice cream	Profiteroles with strawberries	Fruit platter with frozen yoghurt	Oreo ice cream	Churros with cinnamon sugar; fruit chunks	Pear Hélène: tinned pears, vanilla ice cream, chocolate sauce





WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast		reakfast consisting of a variety of toasting, including high fibre opti					
Hot breakfast	French toast on brioche with berries and maple syrup; boiled eggs	Scrambled eggs with tomato and bacon; boiled eggs	Baked beans with hash browns; poached eggs; boiled eggs	Toasted waffle with berry compote and syrup; boiled eggs	Poached eggs with bacon and spinach and Hollandaise; boiled eggs		Avocado smash with feta on brioche; fried eggs; boiled eggs; roast mushrooms; hash browns; pikelets with syrup
Morning tea	Mini quiche selection; fruit platter; steamed rice with condiments	Cinnamon scroll; crudités and dips; steamed rice with condiments	Anzac biscuits; fruit platter; cubed cheese; cherry tomatoes and hummus; steamed rice with condiments	Ham and cheese croissants; cheese and spinach croissants; crudités with corn chips; steamed rice with condiments	Chocolate brownie; fruit salad; steamed rice with condiments		
Lunch	Sushi day: Sushi rolls (chicken teriyaki, tuna, vegetarian); sushi boxes; inari rolls	Butter chicken with steamed rice Indian lentil and spinach dahl with steamed rice (V)	Meat pies (including GF); vegetarian pies; potato wedges; pea smash	Tex-Mex potato skins with Mexican beef, sour cream, cheddar cheese, tomato, and corn salsa  Potato skins with mixed Mexican beans, sour cream, cheddar cheese, tomato and corn salsa (V)	Toasted chicken, spinach and avocado wraps	Penne boscaiola: bacon, mushroom and cream sauce with shaved parmesan; mixed salad; garlic Turkish toast	Assorted wraps (egg and salad; roast chicken, lettuce and aioli; roast beef, cheese and tomato); fruit platter
Afternoon tea	Choc chip cookies; fruit platter	Hummus with crudités	Bite-size lamingtons; crudités	Tomato and avocado bruschetta; watermelon wedges	Sausage roll with sauce; fruit platter		Banana bread
Dinner	Chicken thigh cutlet Provençale	Grilled lamb chops with onion gravy	House choice	Char sui beef with green beans and broccolini; rice noodles; prawn crackers	Salt and pepper calamari with lemon wedges and aioli	Buffalo chicken wings with homemade barbecue sauce	Glazed ham carvery with gravy
Vegetarian	Falafel patties with Provençale sauce	Sweet corn quinoa and lentil fritters served with smashed avocado		Ginger tofu and eggplant stir fry	Vegetable tempura	Cauliflower cumin patties with chimichurri	Chickpea, spinach, and quinoa patties with tomato relish
Vegetables and salads	Brown rice risotto with pumpkin and spinach and shaved parmesan; tomato, feta and black olive salad	Broccoli, beans, and corn cobs, creamy mash		Asian greens and mushroom stir fry	Thick cut chips; Thai noodle salad; green bean salad; garden mix salad with balsamic glaze	Oven baked sweet potato wedges with sour cream; grilled corn cobs; minted peas	Twice-cooked chat potatoes; winter vegetable medley (pumpkin, cauliflower, green beans)
Dessert	Pavlovas topped with strawberry compote; fruit salad	Pear and berry crumble. Vanilla custard	House choice	Coconut tapioca pudding with mango coulis	Fruit salad and twisted frozen yoghurt	Ice cream sticks	Ice cream sundae: vanilla, chocolate ice cream, chocolate sauce, strawberry coulis, marshmallows, whipped cream, choco bits





WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast		reakfast consisting of a variety o toasting, including high fibre op					
Hot breakfast	Bacon, scrambled eggs and Turkish toast; boiled eggs	Hotcakes with berry coulis; boiled eggs	Eggs benedict with toppings – sliced avocado and shaved ham; boiled eggs	Toasted bagels and scrambled eggs with herbs and roasted tomato; boiled eggs	Poached eggs with bacon and wilted baby spinach; boiled eggs		Spinach frittata; boiled eggs, bacon; chipolata sausages; tinned spaghetti; Danishes; coconut chia pots
Morning tea	Fruit platter and sweet yoghurt; steamed rice with condiments	Chocolate croissants; crudités and dips; steamed rice with condiments	Samosas with cucumber mint raita; sliced fruits; steamed rice with condiments	Cracker selection with sliced cheese, tomato and cornichons; crudité and dips; steamed rice with condiments	Arancini with tomato relish; fruit and yoghurt cups; steamed rice with condiments		
Lunch	Indian beef curry with steamed basmati rice Red lentil dahl with spinach; basmati rice (V)	Crispy chicken tenders on a long roll with sweet chili mayonnaise, lettuce, cheese and tomato	Asian box: spring rolls, dim sims, pork bun, vegetarian fried rice, prawn crackers	Sushi day: Sushi, sushi rolls (chicken schnitzel, tuna, vegetarian); sushi boxes; inari rolls; edamame	Sweet and sour chicken (battered chicken pieces); steamed jasmine rice	Fish and chips with tartare sauce and lemon wedges; garden salad with avocado	Assorted sandwiches (tuna salad; chicken, mayonnaise and lettuce; shaved ham, tomato, cheese); fruit platter
Afternoon tea	Jumbo jam drops; cheese and crackers	Dips with crudités and corn chips	Ham and cheese croissants  Spinach and cheese croissants	Double choc muffins; fruit platter	Warm cheese and bacon dip; crudités		Make-your-own ice cream cone: vanilla ice cream and strawberry ice cream
Dinner	Grilled salmon with lemon wedges	Make-your-own nachos: Mexican pulled beef, corn chips, cheese, sour cream	Grilled pork chop with apple sauce and jus	Spaghetti (sauces on the side): carbonara sauce; pesto sauce; bolognaise	Barbecue dinner on the lawn:  Beef kebab; chicken tenderloin; beef chipolata sausage	Pizza night: Hawaiian pizza; vegetarian supreme pizza (mushrooms, capsicum, Kalamata olives, tomato)	Roast chicken with seeded mustard jus
Vegetarian	Grilled lemon and thyme marinated tofu steaks	Mexican style chilli beans	Sweet potato and tomato frittata		Mushroom kebabs; quinoa patties	Spaghetti with semi-dried tomato and crumbled feta	Baked capsicum with rice stuffing
Vegetables and salads	Chunky chips; Greek salad; roast zucchini and mushrooms	Guacamole; tomato and corn salsa; vegetarian rice	Roast carrots; pumpkin; chat potatoes; peas; sautéed Brussels sprouts	Garlic bread; mixed salad; Caprese salad; beans and carrots	Jacket potatoes with sour cream; coleslaw; Caprese salad	Çaesar salad	Cauliflower cheese; sautéed beans; potato bake
Dessert	Fruit platter with sweetened yoghurt	Cinnamon-dusted churros; fruit salad	Jelly, custard and tinned peaches	Panna cotta cups with berries	Ice cream sticks; fruit platter	Profiteroles and chocolate sauce; strawberries	Bread and butter pudding with berry compote





WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast		reakfast consisting of a variety of toasting, including high fibre opt					
Hot breakfast	Pancakes with maple syrup; cinnamon ricotta; boiled eggs	Bacon and scrambled egg breakfast wrap; boiled eggs	Spinach, mushrooms, and roasted tomato; fried eggs; boiled eggs	Smashed avocado; poached eggs; boiled eggs	Make-your-own: eggs, bacon, cheese, Liparese roll; boiled eggs		Baked beans; fried eggs, boiled eggs; roasted tomatoes; hash browns Blueberry muffins
Morning tea	Spinach and cheese triangles; fruit chunks with sweetened yoghurt; steamed rice with condiments	Cracker selection with gourmet cheese and tomato chutney; crudités with avocado smash; steamed rice with condiments	Chocolate chip muffins; fruit; steamed rice with condiments	Bacon and cheese open muffin melt; spinach, tomato and cheese open melt; fruit; steamed rice with condiments	Sausage rolls; crudités with dips; steamed rice with condiments		,
Lunch	Beef ravioli Napolitano sauce; garlic bread slice Penne pasta with tomato and lentil sauce; garlic bread slice (V)	Cantonese chicken and broccoli stir fry; garlic rice Ginger tofu, broccoli and eggplant miso stir fry; garlic rice (V)	Pizza slice (Hawaiian and vegetarian) with mixed salad	Beef burger with cheese, lettuce, tomato, and ketchup on a brioche bun with wedges	Café style: Chicken, cheese and spinach toasted wraps	Quiche Lorraine or spinach quiche; avocado, spinach and pumpkin salad	Assorted wraps (egg and salad; roast chicken, lettuce and aioli; roast beef, cheese and tomato); fruit platter
Afternoon tea	Crudité with cubed cheese and dips	Chocolate chip cookie; crudités	Spinach and bacon dip; corn chips and vegetable sticks	Fruit platter	Caramel-centre muffins; vegetable crudités		Cinnamon scroll pastry
Dinner	Pork spare ribs with barbecue sauce	Grilled salmon with lemon wedges	House choice	Pork and vegetable stir fry with brown rice	Beef lasagne with garlic bread	Soy and ginger marinated chicken drumettes; steamed jasmine rice	Roast lamb with mint jelly and jus
Vegetarian	Grilled mushroom kebabs	Grilled sumac tofu with lemon wedges		Tofu and mixed mushroom stir fry	Spinach and vegetable lasagne	Pumpkin and tofu coconut curry; steamed rice	Vegetarian pastry parcel with tomato chutney
Vegetables and salads	ldaho baked potato with sour cream; grilled corn cob, green beans; quinoa salad with sunflower seeds	Garden salad; roast zucchini, cauliflower and carrots		Asian greens with ginger and hoisin sauce; vegetarian spring rolls	Greek salad; beans, broccoli, cauliflower	Vegetarian spring rolls; stir fry bok choy with garlic	Mashed potato; steamed carrots; beans; mushy peas
Dessert	Apple pie with ice cream	Fresh fruit with Greek yoghurt topping	House choice	Frozen yoghurt cups with rockmelon	Donuts; watermelon	Fruit salad with lychees	Apple crumble with vanilla custard





WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Continental br assorted breads for	reakfast consisting of a variety of toasting, including high fibre opt					
Hot breakfast	Scrambled eggs, sautéed mushroom and sourdough toast; boiled eggs	Feta, spinach and tomato frittata slice; boiled eggs	Pancakes with berry compote and maple syrup; boiled eggs	Hash browns, roast tomatoes, chipolata sausages; boiled eggs	French toast with cream and maple syrup; crispy bacon rashers; boiled eggs		Grilled bacon, scrambled eggs, boiled eggs, sautéed mushrooms; banana bread with ricotta cheese and berries; chia fruit pots
Morning tea	Mini croissants with spreads; steamed rice with condiments	Spinach and cheese rolls; fruit; steamed rice with condiments	Blueberry muffins; crudités; steamed rice with condiments	Cracker selection: sliced cheese, tomato, avocado salsa; steamed rice with condiments	Caramel slice; fruit; steamed rice with condiments		
Lunch	Sushi day: assorted sushi rolls; edamame; inari; miso soup	Mexican beef and bean nachos with tomato corn salsa, sour cream, guacamole and cheese	Crispy chicken tender wrap with lettuce, tomato, cheese and sweet chilli mayonnaise Crumbed tofu wrap with lettuce, tomato, cheese and sweet chilli mayonnaise (V)	Pork san choy bow with bamboo shoots, beans and hoi sin sauce, wrapped in lettuce cups served with fried rice Mushroom san choy bow bamboo shoot bean, hoi sin sauce wrapped in lettuce cups (V)	Penne carbonara (creamy bacon and cheese sauce) with garlic herb bread Penne with tomato, basil and mushroom sauce; garlic herb bread (V)	Make-your-own chicken schnitzel burgers with baby spinach, aioli, cheddar cheese and avocado; sweet potato chips	Assorted sandwiches (tuna salad; chicken, cheese and avocado; shaved ham, tomato and cheese); fruit platter
Afternoon tea	Crudités with dips and crackers; fruit chunks	Bacon and cheese scrolls	Vanilla biscuit; crudités with dips; fruit	Scones with jam and cream; crudités and dip	Avocado smash with crackers; fruit platter		English muffin pizza melts (tomato, mozzarella cheese, ham and mushrooms)
Dinner	Garlic-lemon roast chicken drumsticks	Grilled salmon with lemon wedges	Lamb curry with basmati rice and mint yoghurt; pappadums	Crispy chicken and vegetable noodle stir fry	Char sui pork ribs; vegetarian fried rice	Middle Eastern barbecue: grilled lamb kofta skewers; shawarma chicken; char sui pork ribs; vegetarian fried rice	Lamb cottage pie with cheesy mash
Vegetarian	Seasonal vegetable stack	Filled field mushrooms with fresh herbs, haloumi and spinach	Sweet potato and chickpea curry	Tofu and vegetable noodle stir fry	Tofu and mixed mushroom stir fry with hoi sin sauce		Roast vegetable pie
Vegetables and salads	Buttery couscous; roast pumpkin, green beans and steamed broccoli	Roasted crushed potato and herbs; mixed greens	Roast cauliflower and pepita salad; red lentil dahl; garlic flatbread	Vegetarian spring rolls; simple Çaesar salad	Bok choy and wombok stir fry with ginger	Labneh; garlic yoghurt; flatbread; fatoush salad; Mediterranean chickpea salad; barbecued lemon potatoes; beans	Roast carrots, pumpkin and Brussels sprouts
Dessert	Ice cream sundae bar: strawberry or chocolate topping, chocolate bits, whipped cream, tinned peaches and mixed lollies	Fresh fruit with honey Greek yoghurt	Warm sticky date pudding with cream with butterscotch sauce	Frozen yoghurt; fruit	Coconut tapioca pudding with fruit coulis	Ice cream cups, milo cups	Eton Mess





TO BE CONFIRMED

