

Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Continental breakfast Avocado on sourdough with fetta	Continental breakfast Oat porridge	Scrambled eggs, baked beans, roasted herb tomato	Continental breakfast Oat porridge	Wholemeal flat jacks, smashed berries & Greek yoghurt	Bircher muesli with chia seeds, shredded apple, coconut & yoghurt	Eye of bacon & baked eggs, breakfast spaghetti in tomato sauce, thyme & sea salt roasted tomatoes
Breakfast cold	Continental Breads: sourdough, crumpet, fruit toast, grain, wholemeal, white & gluten free Spreads: butter, Nuttelex, Vegemite, honey, jam & marmalade Cereals: Weet bix, Rice bubbles, Cornflakes, Nutri grain & house-made, nut-free Spring Bircher or muesli Beverage: Milks: full cream, skim, soy, oat, lactose free; juice > 99%: apple, pineapple & orange Whole fruit: seasonal selection, dried fruit & seeds, fresh fruit salad Protein: feta cheese and Greek yoghurt						
Fruit	Seasonal fruit and chilled or sparkling water available throughout the day						
Morning tea	Salmon and cream cheese bagel or Avocado and fetta bagel	100% lean beef sausage rolls with shredded carrots, onion and celery	Wholemeal Selection of home-made pizza (vegetarian, Hawaiian, chicken) All with Napoli sauce and mozzarella cheese	Sweet chilli wraps with lettuce, tomato on wholemeal tortilla	Selection of sushi, teriyaki chicken, salmon and avocado, tuna and avocado	Selection of fruit and custard Danish	Bircher muesli with chia seeds, shredded apple, coconut & yoghurt
Lunch hot	Caesar salad with bacon, garlic croutons, parmesan cheese, cos lettuce boiled egg and freshly made Caesar dressing	Coconut and tamarind laksa noodle soup with poached chicken, bean sprouts and fresh herbs	Make your own teriyaki chicken Buda bowl with toasted sesame seeds, kewpie, pickled carrot and brown rice	Slow cooked mexican beef brisket roti taco with pickled tomato, red onion cucumber and grilled corn salsa	Fresh knotted sesame seed roll with grilled chicken cold fresh meat, tomato, cucumber, lettuce, beetroot and cheese	Salad bar	Salad bar
Lunch salad	Daily salad selection & MYO sandwich or toasties bar Daily rotation of chef's special salad Vegetable: Selection of cucumber, tomato, lettuce, baby spinach, alfalfa, onion, pickles, olives, pineapple & beetroot Cheese: shredded, sliced & Danish fetta Meat: pulled chicken & tuna Vegetarian protein: selection of boiled egg, chickpea falafels, kidney & soybeans Condiments: butter, Nuttelex, relishes & salad dressings (Greek, French, garlic yoghurt, hummus & chilli) Bread: tortillas, wholemeal wraps & pita Bread, sourdough, grain, wholemeal, white & gluten free						
Afternoon tea	Pain au chocolate Spring fruits	Seasonal fresh strawberry and vanilla yoghurt cups with strawberry coolie	Crudit� and dips platter with cheese Krensky and selection of crackers Spring fruits	Savoury cheese toast with cheese and shallots Spring fruits	Oven-baked churro donuts with vanilla cream dipping pot	Layered Mexican dip with refried beans, guacamole, diced tomato & sour cream Corn chips	Mini beef pies with tomato relish Whole fruit

Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Chargrilled MSA steak with creamy Diane sauce, rich pan gravy and thyme-roasted lemon potato wedges Gravy	Oven-baked chicken schnitzel with mushroom sauce, gravy and classic Diane	Beef and potato coconut massaman with tamarind cinnamon, coriander, ginger, & coconut Jasmin rice	Oven-baked southern-style chicken tenders Selection of BBQ salads Bread and butter	Grilled Barramundi with Lemon Labneh and garlic wholemeal pitta bread shards Grilled chicken breast	Honey chicken with Asian vegetables Fried rice with peas, carrot, oyster sauce and egg	Make your own Kebab night Chicken or lamb with shredded lettuce, tomato, cucumber, red onion, pineapple, cheese, garlic yogurt, BBQ sauce, hummus
Dinner Vegetarian	Mac and cheese with ricotta	Roasted field mushrooms with garlic and olive oil	Pasta with a sundried tomato, herb cream sauce	Cauliflower coconut and chickpea green curry with steamed rice	Eggplant parmigiana with cheese and sago sauce	Sesame-crumbed tofu with stir-fried egg noodles, bean sprouts, choy sum & ginger	Falafel with tahini, chickpeas and lemon
Vegetables	Green cabbage and carrot slaw Garden salad	Garlic & shallot mashed potato, steamed carrots, broccoli	Steamed carrots and beans	Greek salad, potato salad, Asian slaw & noodle salad	Steamed carrots and peas garden salad, condiments	Carrot, cabbage, broccoli & sesame seeds	Shredded lettuce, diced tomato, Lebanese cucumber, pineapple pieces & fresh taboli salad
Dinner carb	Bread & butter	Mashed potatoes	Steamed Jasmin rice	Wholemeal sliced bread	Oven-baked potato chip cups	Oven baked fried rice with peas, carrot, oyster sauce and egg	Wholemeal pitta bread
Salad bar	Selection of rotational seasonal salads, dressings & condiments						
Dessert	Apple & peach cobbler with vanilla custard	Lemon tarts with zesty butter lemon filling whipped cream	Tropical fruit salad with passionfruit yoghurt	Zooper doopers	Strawberries and cream	Lychees & ice-cream cups	Jelly with stewed fruits and custard
Supper	Watermelon	Rockmelon and apple	Shapes	Watermelon	Rice thins and tasty cheese slice with tomato	Muesli cookie bites	Cheese and dried fruit platter

Menu Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Continental breakfast Eggs scrambled	Continental breakfast Oat porridge	Sweet potato, thyme, cheese and spinach frittata	Continental breakfast Oat porridge	Wholemeal pancakes with honey, ricotta & toasted pepitas	Continental breakfast Boiled eggs	Poached eggs, pork chipolata, baked beans & oven-baked hash browns
Breakfast cold	Continental Breads: sourdough, crumpet, fruit toast, grain, wholemeal, white & gluten free Spreads: butter, Nuttelex, Vegemite, honey, jam & marmalade Cereals: Weet bix, Rice bubbles, Cornflakes, Nutri grain & house-made, nut-free Spring Bircher or muesli Beverage: Milks: full cream, skim, soy, oat, lactose free; juice > 99%: apple, pineapple & orange Whole fruit: seasonal selection, dried fruit & seeds, fresh fruit salad Protein: feta cheese and Greek yoghurt						
Fruit	Seasonal fruit and chilled or sparkling water available throughout the day						
Morning tea	Toasted sourdough sandwich with cheese Mango smoothie	Pizza cheese wholemeal scrolls	Cheesy wholemeal pizza bread shards with salsa Chia coconut pots	Quiche with bacon, shallots, cheese and egg	Selection of sushi, teriyaki chicken, salmon and avocado, tuna mayo and avocado	Toasted sourdough with avocado mash and crumbled lemon fetta	Bircher muesli with chia seeds, shredded apple, coconut and yoghurt
Lunch hot	Tandoori chicken wrap with tzatziki, salad and wholemeal wrap	Grilled fish tacos with fresh, coriander, tomato, BBQ corn, lime and red onion salsa	Slow cooked BBQ pulled beef bao bun with sweet chilli mayo and shredded lettuce	Crumbed calamari on a Greek salad with tomato, cucumber and red onion With a lemon, herb olive oil dressing	Chinese beef salad with rice noodles, tomato, cucumber, chilli, mint, coriander, green chilli and sesame soy garlic ginger dressing	Salad bar	Salad bar
Lunch salad	Daily salad selection, MYO sandwich or toasties bar Daily rotation of chef's special salad Vegetable: selection of cucumber, tomato, lettuce, baby spinach, alfalfa, onion, pickles, olives, pineapple & beetroot Cheese: shredded, sliced & Danish fetta Meat: pulled chicken & tuna Vegetarian protein: selection of boiled egg, chickpea falafels, kidney & soybeans Condiments: butter, Nuttelex, relishes & salad dressings (Greek, French, garlic yoghurt, hummus & chilli) Bread: tortillas, wholemeal wraps & pita Bread, sourdough, grain, wholemeal, white & gluten free						
Afternoon tea	Raspberry & coconut slice Spring fruits	Greek yoghurt pots Biscoff Spring fruits	Warm banana bread with honey and ricotta Spring fruits	Egg, tomato, shallots and ricotta cheese tart Spring fruits	Home-made scones with fresh cream & jam Cut oranges	Sliced cheddar cheese, hummus & tomato on rice thins Whole fruit	Shredded vegetable & soybean oven-baked spring rolls, with sweet chilli dipping sauce

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Dinner	Grilled porterhouse MSA 100-day grain feed steak Diane sauce and classic gravy Roasted potatoes	Pasta night Meat balls with a Napoli sauce Chicken breast pesto with basil, parmesan, olive oil and garlic Penne pasta and gnocchi Garlic bread	Mexican spiced pork Mexican rice, soft tacos and corn chips Corn, tomato, coriander, cucumber and lime salsa Shredded lettuce, tomato salsa and cheese Guacamole, sour cream, cheese, tomato salsa	BBQ beef or chicken burgers optional shredded lettuce, tomato, cucumber, red onion sliced cheese and a selection of condiments French fires	Oven-baked or crumbed Barramundi with lemon wedges & sea salt	Crispy pork stir-fry with soybeans, Singapore noodles & Asian vegetables	Spaghetti bolognaises with shredded vegetables and sago sauce
Dinner Vegetarian	Cauliflower bake with bechamel white sauce and mozzarella cheese	Puttanesca with herb, olives, chilli, capers, capsicum and tomato	Black bean & kidney bean taco mix with salsa	Cauliflower & chickpea Pattie	Broad bean, corn & shallots fritters with chilli salsa	Tofu honey soy stir-fry with Asian vegetables	Vegetable lasagne with soy mince, shredded vegetables and Napoli sauce
Vegetables	Steamed spring beans, carrot and broccoli	Carrot & peas	Corn, tomato, coriander, cucumber and lime salsa Shredded lettuce, tomato salsa	Selection of BBQ fresh salads	Spring beans and corn on the cob	Asian greens	Steamed broccoli, carrot and beans
Dinner carb	Roasted potato with thyme and garlic,	Garlic bread, pasta and gnocchi	Brown rice, soft tacos & corn chips	Wholemeal burgers roll	Roasted potato wedges	Singapore noodles	Wholemeal garlic pizza slice
Salad bar	Selection of rotational seasonal salads, dressings & condiments						
Dessert	Carrot cake with cream cheese icing	Chocolate ripple peppermint cheesecake	Fruit salad and yogurt	Iland way gelato	Banana smoothie	Mango froyo with yoghurt and mango	Home-made apple pie with vanilla cream dollop
Supper	Watermelon	Rockmelon and apple	Cut oranges	Watermelon	Rice thins and tasty cheese slice with tomato	Muesli cookie bites	Cheese and dried fruit platter

Menu Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Continental breakfast Eggs scrambled	Continental breakfast Oat porridge	Sweet potato, thyme, cheese and spinach frittata	Continental breakfast Oat porridge	Wholemeal pancakes with honey, ricotta & toasted pepitas	Continental breakfast Boiled eggs	Poached eggs, pork chipolata, baked beans & oven-baked hash browns
Breakfast cold	Continental Breads: sourdough, crumpet, fruit toast, grain, wholemeal, white & gluten free Spreads: butter, Nuttelex, Vegemite, honey, jam & marmalade Cereals: Weet bix, Rice bubbles, Cornflakes, Nutri grain & house-made, nut-free Spring Bircher or muesli Beverage: Milks: full cream, skim, soy, oat, lactose free; juice > 99%: apple, pineapple & orange Whole fruit: seasonal selection, dried fruit & seeds, fresh fruit salad Protein: feta cheese and Greek yoghurt						
Fruit	Seasonal fruit and chilled or sparkling water available throughout the day						
Morning tea	Lemon & oregano Greek lamb gozomo with tomato, lemon, parsley and onion salsas	Shredded vegetable & soybean oven-baked spring rolls, with sweet chilli dipping sauce	Filo triangles with spinach and ricotta	Japanese panko chicken breast in a sesame seed milk bun with lettuce and a pickle special mayo sauce	Sweet chilli chicken wrap with cheese, tomato, lettuce and spial sauce	Selection of Danishes	Shakshuka with beans, tomato, herb and egg
Lunch hot	Pasta with Rose sauce with onion, cream and tomato parsley and parmesan cheese	Make your own teriyaki salmon Buda bowl with toasted sesame seeds, kewpie, pickled carrot and brown rice	Chicken Pad Thai with flat rice noodles, egg, onions, fish sauce, garlic, chilli and tamarind	Pumkin soup with homemade focaccia and salted butter	Grilled beef sausage with onion on a wholemeal sliced bread with your choice of condiments	Salad bar	Salad bar
Lunch salad	Daily salad selection, MYO sandwich or toasties bar Daily rotation of chef's special salad Vegetable: selection of cucumber, tomato, lettuce, baby spinach, alfalfa, onion, pickles, olives, pineapple & beetroot Cheese: shredded, sliced & Danish fetta Meat: pulled chicken & tuna Vegetarian protein: selection of boiled egg, chickpea falafels, kidney & soybeans Condiments: butter, Nuttelex, relishes & salad dressings (Greek, French, garlic yoghurt, hummus & chilli) Bread: tortillas, wholemeal wraps & pita Bread, sourdough, grain, wholemeal, white & gluten free						
Afternoon tea	Jelly cups with berries Spring platter	Tomato and bocconcini cheese bruschetta Spring fruits	Carrot cake with poppy seed cream cheese frosting Spring fruits	Steamed soybean, cabbage and mushroom gyozas with sticky-soy dipping sauce & sesame seeds	Classic Chocolate honey Crackles with rice bubble, coco powder and honey	Layered Mexican dip with refried beans, guacamole, diced tomato & sour cream Corn chips	Mini beef pies with tomato relish Whole fruit

Menu Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	MYO kebab night chicken or lamb with all your favourite sauces and toppings hummus, yoghurt and BBQ sauce	Selection of home-made pizza (pulled beef meat lovers, Hawaiian, capsicum) All with Napoli sauce and mozzarella cheese	Mexican spiced beef Mexican rice, soft tacos and corn chips Corn, tomato, coriander, cucumber and lime salsa Shredded lettuce, tomato salsa and cheese Guacamole, sour cream, cheese, tomato salsa	Tikka chicken with Indian spices, onion and tomato and steamed rice yoghurt Poppadom	Oven-baked crumbed fish fillets with home-made tartare sauce	Mongolian lamb stir fry with red capsicum, wombok and broccolini	Beef lasagne with beef, shredded vegetables and tomato ragu
Dinner Vegetarian	Homemade chickpea falafels	Vegetarian pizza (mushroom, capsicum, pineapple, tomato and onion with Napoli sauce and mozzarella cheese)	Refried beans & kidney bean wraps with guacamole & light sour cream	Roast vegetable and olive pasta with Napoli sauce	Panko-crumbed eggplant slices, served with garlic & yoghurt sauce	Stir-fried tofu with egg noodles & Asian vegetables	Spinach & ricotta ravioli
Vegetables	Shredded lettuce, diced tomato, Lebanese cucumber, pineapple pieces & fresh taboli salad	Selection of salads	Corn salsa with tomato, corn, red onion and coriander Shredded lettuce	Steamed carrot and peas	Steamed broccoli and carrot strips	Carrot, broccoli, cabbage, & toasted sesame seeds	Medley of roasted Spring vegetables
Dinner carb	Flat bread	Pizza	Steamed Mexican brown rice with black beans	Steamed basmati rice	Oven-roasted, rosemary salted, potato & parsnip strips	Steamed basmati rice	Spaghetti
Salad bar	Selection of rotational seasonal salads, dressings & condiments						
Dessert	Strawberries and frozen yogurt sundaes	warm pain au chocolate	Trifle layered with sponge cake, fruit, custard and whipped cream	Frozen juice cups	Raspberry sorbet	Custard with stewed rhubarb & apple	Ice cream with strawberry coolie
Supper	Watermelon	Rockmelon and apple	Cut oranges	Watermelon	Rice thins and tasty cheese slice with tomato	Muesli cookie bites	Cheese and dried fruit platter

Menu Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Continental breakfast Boiled eggs	Continental breakfast Oat porridge	Oven baked egg and tomato, roasted veggies and beans,	Continental breakfast Oat porridge	Wholemeal pikelet stack with mixed berries and honey ricotta	Continental breakfast Boiled eggs	Pan-grilled egg, eye of bacon and grilled cheese sourdough sandwich
Breakfast cold	Continental Breads: sourdough, crumpet, fruit toast, grain, wholemeal, white & gluten free Spreads: butter, Nuttelex, Vegemite, honey, jam & marmalade Cereals: Weet bix, Rice bubbles, Cornflakes, Nutri grain & house-made, nut-free Spring Bircher or muesli Beverage: Milks: full cream, skim, soy, oat, lactose free; juice > 99%: apple, pineapple & orange Whole fruit: seasonal selection, dried fruit & seeds, fresh fruit salad Protein: feta cheese and Greek yoghurt						
Fruit	Seasonal fruit and chilled or sparkling water available throughout the day						
Morning tea	Cinnamon French Toast with egg, butter and cinnamon or berry compote	Home-made beef and vegetable sausage rolls with big red sauce	Italian meatball with crusty bread roll, sago sauce parmesan and flat leaf parsley	Pita bread melts with chicken, cheese and pineapple or pumpkin, fetta	Quesadilla tortilla melts with tomato, salsa beans and cheese Chipotle sour cream	Freshly baked croissant with jam and butter	Fruit toast with butter and MYO hot chocolate
Lunch hot	Butter chicken with Indian spices, onion and tomato and steamed rice yoghurt Poppadom	Thia beef salad with tomato, lettuce, pickled carrot and onion, rice noodles, mint coriander and chilli	Spinach tortellini with a sugo sauce topped with parmesan	MYO Grilled 100% lean beef burger with cheese, tomato, pickle, lettuce and selection of condiments	Caesar salad with bacon, garlic croutons, parmesan cheese, cos lettuce and freshly made Caesar dressing	Salad bar	Salad bar
Lunch salad	Daily salad selection, MYO sandwich or toasties bar Daily rotation of chef's special salad Vegetable: selection of cucumber, tomato, lettuce, baby spinach, alfalfa, onion, pickles, olives, pineapple & beetroot Cheese: shredded, sliced & Danish fetta Meat: pulled chicken & tuna Vegetarian protein: selection of boiled egg, chickpea falafels, kidney & soybeans Condiments: butter, Nuttelex, relishes & salad dressings (Greek, French, garlic yoghurt, hummus & chilli) Bread: tortillas, wholemeal wraps & pita Bread, sourdough, grain, wholemeal, white & gluten free						
Afternoon tea	Coconut and oat cookies with chocolate scribble Spring fruits	Make your own sushi with fresh, teriyaki chicken, cucumber, tuna mayo, and avocado Spring fruits	Croissants with jam and butter Spring fruits	Cinnamon scroll with icing Spring fruits	Wholemeal cinnamon scroll with sultanas Spring fruits	Toasted focaccia cheese melts with whole tomatoes, olives & spinach Spring fruits	BBQ Pulled pork bun with baby spinach

<i>Menu Week 4</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Dinner</i>	Slow roast pork leg with zesty green apple sauce Pan gravy Potato bake	Soy, hoisin and sesame brimmed roasted whole chicken Roasted potato wedgers Sour cream and sweet chilli sauce Asian BBQ hoisin sauce	Hungarian beef goulash with onion, capsacin, paprika and tomato Nokedli (Hungarian dumplings)	Oven baked garlic and herb chicken breast with Gravy	Greek lemon, and herb grilled fish fillet	Braised lean pork mince with char siu sauce and steamed rice	Spaghetti bolognaises with shredded vegetables and sago sauce
<i>Dinner Vegetarian</i>	French lentil ragu with carrots, celery, leek and parsley	Asian vegetable stir fry Singapore noodles	Penne pasta with a tomato, onion, and cream sauce	Cauliflower & chickpea curry on steamed rice	Thia green tofu curry with, eggplant, beans, onion, coconut and rice	Marinated tofu in a star anise & ginger sticky sauce	Ratatouille & kidney bean ragu red capsicum, egg plant, tomato & herb sauce
<i>Vegetables</i>	Steamed broccolini & carrots	Steamed whole Ponzo and soy green beans and maple carrots	Steamed spring beans and carrots	Selection of salads	Greek salad Asian slaw with sesame seed dressing	Honey-glazed carrots, Steamed broccolini & Fried rice	Steamed string beans & carrot with parsley & garlic sauce
<i>Dinner carb</i>	Potato bake	Roasted potato wedgers	Nokedli or macaroni pasta	Bread rolls	Oven-baked potato & sweet potato chips	Fried rice with peas, carrot & capsicum	Wholemeal garlic bread strips
<i>Salad bar</i>	Selection of rotational seasonal salads, dressings & condiments						
<i>Dessert</i>	Mango Froyo A frozen yogurt	Apple and cinnamon muffins	Jelly and fruit salad	Iland way gelato	Gelato and frozen fruit bar	Portuguese tarts	Peach and apple crumble with pouring custard
<i>Supper</i>	Watermelon	Rockmelon and apple	Fresh strawberries	Watermelon	Rice thins and tasty cheese slice with tomato	Muesli cookie bites	Cheese and dried fruit platter