

WEEK ONE	MON	TUE	WED	THU	FRI	SAT	SUN
<b>BREAKFAST BAR EVERY DAY:</b> Variety of cereals -: Weetbix, Cornflakes, Rice Bubbles, Sultana Bran, Nutrigrain Choice of two Gluten-Free (GF) cereals, plus wholegrain porridge Assorted breads for toasting, including wholemeal, grain, white, crumpets, fruit toast, sourdough, or english muffins (alternating) and GF bread with selection of spreads Yoghurt options available each day, flavoured, greek, and soy, preserved fruit compote, dried fruit with bananas, coconut, apple and cranberries, chefs signature no-added sugar muesli Fresh fruit juice rotating 2 each per day Variety of milk – full cream, low fat soy, almond, lactose free, whole fresh fruit pieces							
<b>HOT BREAKFAST</b>	Breakfast egg bar with choice of roasted tomato, grilled mushrooms and oven baked hash browns	Pancakes with bacon and maple syrup  Poached eggs with thick cut toast and smash peas	Breakfast bowl with poached egg, spinach, quinoa, toasted seeds, cow's milk ricotta, fermented slaw, dukkah and yoghurt	9 grain panini with grilled haloumi, tomato, crispy turkey and fried onions with a side of house made beans	Big breakfast, eggs, bacon, hash browns grilled tomatoes and chargrilled mushroom	Scrambled egg and black bean wrap with avocado and herb salsa  Belgian waffles with maple syrup	Traditional Big breakfast Eggs Bacon Hash Browns Chipolatas Roasted tomatoes
<b>MAINS</b>	House made Italian meat balls in napolitana sauce with basil dressing and risoni  Herb crusted barramundi fillet, lyonnaise potato, salsa verde, watercress	Baked lamb rump, chilli and coriander rub  Tandoori roasted chicken breast with cucumber and pickled onion	Sweet and sour pork with pineapple and peppers  Butter chicken curry with roasted pumpkin	<b>Dinner party in India</b> Lamb coconut curry with broccoli and curry leaves  Chicken tikka masala with cauliflower  Pumpkin, chickpea and spinach curry  Assorted Condiments: Cucumber raita Mango chutney Lime pickle Naan bread	Moroccan lamb tagine with peal cous cous  Pan fried atlantic salmon, potato roesti, lemon thyme sauce	Mongolian beef with broccoli  Tandoori roasted beef with pickled cucumber and red radish	Charred pork and fennel sausages with green pea risotto  Cumin and paprika roasted chicken cutlets with pumpkin and fetta
<b>MAINS – VEGETARIAN</b> Vegan will also be available	House made spanakopita triangles, roasted mediterranean vegetables, capsicum sauce	Creamy broccoli and green pea pasta bake with brie and thyme crumble	Roasted filled mushrooms with polenta and green beans		Turmeric roasted cauliflower, roasted pumpkin, spinach with braised freekeh	Thai red curry with pumpkin and pineapple, jasmine rice, fried shallots	Vegetable biryani with chopped fresh mint, coriander and dried sultanas
<b>RICE BAR</b>	Steamed basmati and brown rice with soy, fried shallots, sriracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
<b>SIDE OF VEGETABLES</b>	Steamed broccoli with curry oil	Ratatouille of vegetables	Herb roasted carrot and parsnip	Selection of seasonal vegetables	Roasted zucchini and red peppers with garlic	Stir-fried vegetables	Panache of seasonal vegetables
<b>SALADS</b>	Saffron rice with cauliflower, coriander and raisins	Vermicelli noodles with carrot, beans and sesame dressing	Quinoa with cauliflower, currants and tahini dressing	Kachumber	Cucumber, tomato, basil and olives with spinach	Potato with capers, chives and eggs	Quinoa with zucchini, radicchio and parmesan
	<b>Create your own salad:</b> lettuce, tomato, carrot, cucumber, baby beets, toasted chickpeas, mixed beans, steamed broccoli or green beans, shallots, toasted seeds, sweet corn, olive oil and balsamic vinegar						
<b>DESSERT</b>	Apple strudel with custard sauce	Fruit trifle with vanilla custard	Berry and pear jelly with yoghurt	Kheer (Indian rice pudding flavoured with rosewater)	Fruit salad with yoghurt	Salted caramel self-saucing pudding	Build your own ice-cream sundae bar



WEEK TWO	MON	TUE	WED	THU	FRI	SAT	SUN
<b>BREAKFAST BAR EVERY DAY:</b> Variety of cereals -: Weetbix, Cornflakes, Rice Bubbles, Sultana Bran, Nutrigrain Choice of two Gluten-Free (GF) cereals, plus wholegrain porridge Assorted breads for toasting, including wholemeal, grain, white, crumpets, fruit toast, sourdough, or english muffins (alternating) and GF bread with selection of spreads Yoghurt options available each day, flavoured, greek, and soy, preserved fruit compote, dried fruit with bananas, coconut, apple and cranberries, chefs signature no-added sugar muesli Fresh fruit juice rotating 2 each per day Variety of milk – full cream, low fat soy, almond, lactose free, whole fresh fruit pieces							
<b>HOT BREAKFAST</b>	Breakfast frittata with ricotta  House made baked beans with fried eggs	Big breakfast: Eggs Bacon Hash Browns Chipolatas Roasted tomatoes Vegetable medley	Poached eggs with thick sourdough bread  Egg spinach and feta omelette	Ricotta and lemon pancakes with sliced banana, whipped cream and berry compote  Fried eggs	BBQ bacon and spinach wrap with hash brown and fried egg  Grilled vegetable wrap with fried egg and cheese	Poached eggs on English muffin with ham or spinach and hollandaise	Smoked salmon and chive bagel with scrambled eggs and slow roasted tomatoes,
<b>MAINS</b>	Ras el hanout spiced beef medallions, sautéed eggplant, glazed beans  Cajun grilled chicken breast with jalapeno aioli	Pork medallions with green peas and parisienne gnocchi  Chicken potato and spinach curry with lemon cous cous and yoghurt	Lemon and thyme blue grenadier fillet with roast tomato coulis  Roast beef with madeira gravy, rosemary and garlic chat potatoes	Roasted pork with crispy crackling & apple sauce  Iranian spiced slow cooked lamb shoulder with cranberry and apricot	<b>Pizza Night</b> House made garlic and parmesan bread  Tandoori chicken, red pepper and Spanish onion  Meat lovers with BBQ sauce	Roasted barramundi fillet with quinoa and cauliflower rice  Pork wellington with calvados sauce	Sri Lankan chicken curry with orange and saffron cous cous  Lamb vindaloo curry with chickpeas and coriander relish
<b>MAIN VEGETARIAN</b>	Southern style crumbed zucchini, creamed cheese with roasted potatoes and fresh herbs	Curried quinoa with coconut, green vegetables and roasted cauliflower	Stuffed eggplant with lentils and vegetables	Yellow coconut curry with chickpeas	Supreme with mushrooms, artichoke and cherry tomato	Spicy ratatouille with vegan halloumi and pearl couscous	French style braised beans with spinach, pumpkin and tofu
<b>SIDES OF VEGETABLES</b>	Honey and sesame glazed carrot batons	Sweet and sour broccolini with corn	Roasted mediterranean vegetables with cumin	Steamed carrots and broccoli	Steamed seasonal vegetables	Roasted broccoli and zucchini	Baby green beans and peas with chermoula
<b>SALADS</b>	Cos lettuce, cucumber, fennel and orange salad	Mixed leaf salad with garden vegetables	Roasted cauliflower, chickpea and carrot salad with roquette	Baby spinach, semi-dried tomato, cucumber and parmesan salad	Garden salad with cherry tomato and balsamic dressing	Charred corn and white bean salad with kale and peppers	Roasted beetroot, carrot and fetta salad with zaatar spice
	<b>Create your own salad:</b> lettuce, tomato, carrot, cucumber, baby beets, toasted chickpeas, mixed beans, steamed broccoli or green beans, shallots, toasted seeds, sweet corn, olive oil and balsamic vinegar						
<b>RICE BAR</b>	Steamed basmati and brown rice with soy, fried shallots, sriracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
<b>Dessert</b>	Macerated cherries and berry mouse	Sticky date pudding caramel sauce and double cream	Fruit pavlova and passion fruit glaze	Bread and butter pudding with mixed berries	Fruit salad and yogurt	Mango, coconut and chia seed pots	Banoffee tart with whipped cream



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<b>HOT BREAKFAST</b>	Savoury breakfast muffins  Spinach and fetta with oregano  Fried eggs, sautéed mushroom and kale	Breakfast bowl with poached egg, spinach, quinoa, toasted seeds, cow's milk ricotta, fermented slaw, dukkah and yoghurt	Swiss bircher muesli cups with coconut, banana, mango, passionfruit and pepita seeds  Scrambled eggs	Big breakfast, eggs, bacon, hash browns grilled tomatoes and chargrilled mushroom	Egg in nest with thick cut wholegrain bread  Pancakes vanilla or dutch chocolate with fruit compote	Apple and cinnamon crepes with greek yogurt  Poached eggs	Big breakfast, eggs, bacon, sausages hash browns grilled tomatoes and chargrilled mushroom
<b>MAINS</b>	Mexican spiced chicken , black bean salsa  Slow cooked beef brisket, red wine jus, herb roasted pumpkin	Lamb meat balls with a apricot and vegetable cous cous  Paprika and thyme chicken breast with parsley crushed potatoes	Slow cooked beef with shitake mushroom, ginger and star anise  Thai red curry of chicken with pumpkin, lychee and bok choy, steamed jasmine rice	Orecchiette pasta alfredo with poached chicken, mushrooms and herbs  Pulled pork enchilada with pineapple salsa	<b>Build Your Own Poke Bowl</b>  Japanese seasoned rice Soy and sesame tuna Smoked salmon Teriyaki tofu Edamame Pickled Ginger Cucumber Avocado Grilled corn salsa Furikake seasoning	Italian lasagne layered with béchamel and finished with cheese  Mexican spiced chicken with roasted pumpkin, jalapeno and aioli	Slow cooked beef and ale stew, carrot, potato and cheesy croutons  Chicken korma curry with poppadums
<b>MAIN VEGETARIAN</b>	Tofu vegetable and coconut laksa	Wholemeal spaghetti with tomato, olive oil, fresh basil, toasted chickpea and lemon wholemeal spaghetti	Cauliflower broccoli and spinach fritters with basil hummus	Loaded sweet potato wedges with vegan mornay sauce, avocado and roasted fennel salsa		Vegetable spring rolls with Egg noodle and vegetable salad and sweet chilli	Cauliflower and chickpea vindaloo with pappadums and coriander salsa
<b>SIDES OF VEGETABLES</b>	Spicy roasted cauliflower and broccoli	Steamed seasonal vegetables	Roasted zucchini and peppers with chilli and garlic	Ratatouille of vegetables	Butter beans and sweet corn with parsley and lemon	Roasted mediterranean vegetables with rosemary	Steamed green vegetables with olive oil
<b>SALADS</b>	Quinoa salad with cherry tomatoes, cranberries and fresh herbs	Cos lettuce salad with shaved fennel, cucumber and orange	Baby spinach salad with semidried tomato, shaved parmesan and green peppers	Shaved zucchini and roasted carrot salad with frisee lettuce	Garden vegetable salad with mixed leaves	Greek salad with olives, fetta and oregano	Roasted cauliflower, chickpea, roquette and beetroot salad
	<b>Create your own salad:</b> lettuce, tomato, carrot, cucumber, baby beets, toasted chickpeas, mixed beans, steamed broccoli or green beans, shallots, toasted seeds sweet corn, olive oil and balsamic vinegar						
<b>RICE BAR</b>	Steamed basmati and brown rice with soy, fried shallots, siracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
<b>DESSERT</b>	Vanilla & apple cake with custard	Strawberry & mango frozen yoghurts	Macerated peaches with cream and mint	Eton mess with mixed berries and raspberry coulis	Rich chocolate cake with ganache	Cheese platter with fresh fruit	Ice cream cups with chocolate sauce and caramel sauce



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<b>BREAKFAST BAR EVERY DAY:</b> Variety of cereals -: Weetbix, Cornflakes, Rice Bubbles, Sultana Bran, Nutrigrain Choice of two Gluten-Free (GF) cereals, plus wholegrain porridge Assorted breads for toasting, including wholemeal, grain, white, crumpets, fruit toast, sourdough, or english muffins (alternating) and GF bread with selection of spreads Yoghurt options available each day, flavoured, greek, and soy, preserved fruit compote, dried fruit with bananas, coconut, apple and cranberries, chefs signature no-added sugar muesli Fresh fruit juice rotating 2 each per day Variety of milk – full cream, low fat soy, almond, lactose free, whole fresh fruit pieces							
<b>HOT BREAKFAST</b>	Pancakes with bacon and maple syrup  Poached eggs with thick cut toast and smash peas	Breakfast burrito with scrambled eggs and avocado  Belgian waffles with maple syrup	Sweet corn and pea fritters spiced yoghurt  Egg, bacon and spinach wrap with tomato relish	Bacon and omelette muffin with baby spinach and vegetable relish  Banana bread	Banana hotcakes with blueberry maple compote, thick greek yoghurt  Poached eggs with crispy bacon	9 grain panini with grilled haloumi, tomato, crispy turkey and fried onions with a side of house made beans	Eggs benedict with smoked ham and hollandaise  Sides of grilled tomatoes, spinach & mushrooms
<b>MAINS</b>	Chilli and lemongrass marinated chicken breast  Dukkah spiced roast lamb with braised lentils green peas and eggplant	Spinach and ricotta ravioli with herb infused napolitano sauce, bacon, salami, kalamata olive  House made beef meatballs with spicy napoli sauce, bocconcini and basil	Spice roasted chicken breast with capsicum coulis  Pork stroganoff with fresh parsley and risoni pasta	Spicy stir-fried pork mince with green beans and oyster sauce.  Fragrant butter chicken curry with roast potato and peas	<b>Build your own burrito bar</b>  Corn tortillas Flour tortillas Sweet pulled pork Spicy Beef Marinated chicken Black beans Re-fried beans Tomato Lettuce cheese Sour cream Guacamole Jalapenos	French onion beef stew with sweet potato topping  Chicken and chorizo jambalaya	Pork schnitzel, braised red cabbage, pepper sauce  Smoked salmon creamy pasta with dill, capers and baby spinach
<b>MAIN VEGETARIAN</b>	Pearl barley with mushrooms, marinated tofu, grilled zucchini, red pepper and roasted onion salsa	Home-made curried vegetable, potato & tempeh pastie with , beetroot relish	Buffalo cauliflower wings with quinoa, roasted pepper and olive salsa	Ricotta gnocchi with mushroom, thyme and spinach, tomato cream sauce		Warm soba noodle salad with pickled ginger and bok choy & fried beancurd	Irish stew with parsnip, chick pea and mushroom
<b>SIDES OF VEGETABLES</b>	Steamed broccoli and cauliflower with chilli and lemon	Green beans, zucchini and brussel sprouts with garlic oil	Steamed carrots and peas with a honey dijon dressing	Stir-fried asian greens with soy and sesame	Roasted cauliflower with cumin, lemon and olive oil	Roasted mediterranean vegetables with cumin and paprika	Roasted pumpkin, sweet potato and carrot with caramelised onion and parsley
<b>SALADS</b>	Steamed seasonal vegetables	Roasted mediterranean vegetables with rosemary	Steamed green vegetables with olive oil	Cucumber, bok choy, shredded carrot, coriander and snow pea tendrils, sweet chilli dressing	Roasted zucchini, peppers with chilli and garlic	Roast carrot and chickpea salad with roquette and marinated capsicum	Risoni pasta salad with roasted red peppers, basil and asparagus
	<b>Create your own salad:</b> lettuce, tomato, carrot, cucumber, baby beets, toasted chickpeas, mixed beans, steamed broccoli or green beans, shallots, toasted seeds sweet corn, olive oil and balsamic vinegar						
<b>RICE BAR</b>	Steamed basmati and brown rice with soy, fried shallots, sriracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
<b>DESSERT</b> <b>Fresh whole fruit available</b>	Matcha green tea pannacotta with lychees and mint	Hot jam donuts	Self-saucing chocolate pudding with whipped cream	Vanilla butter cake with frosting	Black forest cake	Peach and apple crumble with coconut and oat topping	Assorted ice-creams



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<b>HOT BREAKFAST</b>	Zucchini and herb slice  Chicken chipolata's with poached eggs and spinach	French crepes with cinnamon ricotta and strawberry compote  Baked eggs with spinach, mushrooms, goat's cheese and chorizo	Spicy chickpeas with soppressata and eggs  Memphis banana bread	Toasted sandwiches on sourdough bread, leg ham, swiss cheese and spinach  Coconut pancakes with palm sugar syrup	Pea, prosciutto and pecorino frittata  Raspberry and mint coconut chia pudding	Warm choc-chip pikelets with caramelised pears and chocolate sauce  Turkey, brie and cranberry filled croissants	Poached or fried eggs on grilled sourdough bread with smashed avocado, crispy bacon and slow roasted tomatoes  Plant based breakfast scramble bowl
<b>MAINS</b>	Japanese pork katsu curry, shredded nori  Teriyaki roasted chicken with pickled ginger, toasted sesame seeds	Beef scotch fillet, creamy mash potato, sauce dienne  Slow cooked chicken chop in white wine cream sauce with peas and parsley	Moroccan spiced chicken, pearl couscous, date and red pepper and tomato sauce  Beef rogan josh with roasted pumpkin	Stir-fried chicken, green beans and black bean sauce  Honey soy glazed chicken breast with bok choy	<b>Laksa Soup Night</b> Egg and rice noodles Poached chicken Fried tofu Roasted eggplant Boiled eggs Asian greens Fried shallots Chilli Coriander / spring onion	Slow cooked beef cheek, chickpea hummus, dukkha spice and roasted beetroot  Mexican spiced pork scotch, jalapeno aioli	<b>Sunday Roast Dinner</b> BBQ glazed pork ribs  Herb roasted chicken breast with mushroom and thyme sauce  Crispy roasted potatoes with rosemary and garlic
<b>MAIN VEGETARIAN</b>	Japanese tofu katsu curry, shredded nori	Miso glazed aubergine with warm lentil salad and pickled ginger	Gnocchi with mushroom and blue cheese sauce	Za'atar marinated vegetables with tofu		Five vegetable lasagne	Indian spiced sweet potato and dhal pie steamed green beans
<b>SIDES OF VEGETABLES</b>	Roasted zucchini and peppers with garlic	Steamed green vegetables with lemon and olive oil	Roasted root vegetables with sea salt and mountain pepper	Steamed seasonal vegetables with lemon and olive oil	Broccoli and beans with roasted garlic	Ratatouille with rosemary	Baked cauliflower in cheese sauce with herb crumble
<b>SALADS</b>	Rice noodle salad with carrot, cucumber, red pepper, coriander and soy dressing	Roquette salad fresh pear, parmesan and honey dressing	Cos lettuce with shaved cucumber and fennel, orange	Carrot and coriander and green bean salad with nam jim dressing	Baby spinach, semi-dried tomato, cucumber and fetta salad	Roasted vegetable salad with herbed cous cous	Mixed leaf salad with garden vegetables
	<b>Create your own salad:</b> lettuce, tomato, carrot, cucumber, baby beets, toasted chickpeas, mixed beans, steamed broccoli or green beans, shallots, toasted seeds sweet corn, olive oil and balsamic vinegar						
<b>RICE BAR</b>	Steamed basmati and brown rice with soy, fried shallots, sriracha, coriander, teriyaki sauce, kimchi, chinkiang vinegar and aioli						
<b>DESSERT</b> <b>Fresh whole fruit available</b>	Assorted european profiteroles	Vanilla slice	Bread and butter pudding with pouring cream	Chocolate baci cake	Fresh sliced fruit platters	Tiramisu	Assorted ice creams

