| Week 1/5/9                       | mon   | tue  | wed   | thu  | fri  | sat      | sun  |  |  |
|----------------------------------|---|--|---|--|--|----------|--|--|--|
| breakfast                        | •   |  |   |  |  |          |  |  |  |
| residential breakfast            | fried eggs on thick cut grain<br>toast<br>fried eggs<br>toast | spinach, feta & avocado<br>toasted quesadilla  | french toastie with ham & cheese              | omelette with tomatoes,<br>peppers & spinach | shakshuka eggs with five<br>beans, tomato & kale | IN HOUSE | <b>brunch –</b> bacon & egg with brioche bun |  |  |
| special                          | pineapple & mint pot  | chartwells smoothie tuesday!<br>power smoothie with kale,<br>berries & greek yoghurt   | chia with fruit & yoghurt                     | fruit salad with mango<br>yoghurt            | muesli clusters with fruit & coconut             |          |  |  |  |
| continental breakfast<br>station |   | continental breakfast may include a range of the following items: selection of breakfast cereals - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, low gluten selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% orange juice, water variety of milks that may include full cream, lite & calcium fortified soy |   |  |  |          |  |  |  |
| residential morning tea          | damper bun with bacon,<br>tomato & herbs                      | dark choc chip cookie  | wholemeal scroll with spinach cheddar & herbs | Mars bar slice                               | Chicken and mushroom dumplings with soy          |          |  |  |  |
| fruit                            |   |  | seasonal f                                    | resh fruit will be available throug          | phout the day                                    |          |  |  |  |

| Week 1/5/9             | mon  | tue  | wed   | thu  | fri   | sat  | sun   |
|------------------------|--|--|---|--|---|--|---|
| lunch                  |  |  |   |  |   |  |   |
| hot option             | italian chicken meatballs with<br>tomato sugo, risoni & shaved<br>parmesan penne   | Thai chicken pie<br>with rainbow slaw                            | lebanese spiced lamb<br>flatbread with zucchini,<br>onions, mint, coriander &<br>greek yoghurt  | oven baked panko & coconut<br>crumbed chicken strips with<br>lemon aioli & oven roasted<br>potato wedges | minute steak sandwich with<br>caramelised onions,<br>beetroot, relish & shredded<br>lettuce | myo lunch - whole roast tandoori chicken homestyle garden salad raita & guacamole pita pockets | Sunday social bbq - beef, chicken & plant forward sausages, grilled sweet onion rings  potato salad |
| lighter option         |  |  |   |  |   |  |   |
| vegetarian option      | italian chickpea meatballs<br>with tomato sugo, risoni &<br>shaved parmesan  | Chickpea and lentil pie  | lebanese spiced vegetable & lentil braise with flatbread, fresh mint, coriander & greek yoghurt | baked panko & coconut<br>crumbed eggplant with lemon<br>aioli & oven roasted potato<br>wedges            | charred vegetable & chickpea fritters with beetroot relish & spiced yoghurt                 |  |   |
| soup                   | lamb shank & quinoa soup<br>with kale, lemon & coriander   | vegetable & freekeh soup<br>with zucchini, mushrooms &<br>celery | asian chicken noodle soup<br>with corn  | vegetable & barley soup with torn herbs  | seafood laksa with chili,<br>lemongrass, palm sugar &<br>rice noodles                       |  |   |
| range of breads        |  |  | brioche rolls, sour dough ba  | aguettes pita pockets, mexican v   | vraps, piadina & turkish bread  |  |   |
| sandwich/<br>myo salad | protein ingredients that may include - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc |  |   |  |   |  |   |
| afternoon tea          | Vanilla cupcakes   | hummus dip with vegetable sticks & grilled baguette              | lemon & oat slice with<br>yoghurt icing   | sausage roll with big red<br>sauce   | Sushi SELECTION   |  |   |
| fruit                  |  |  | seasonal f  | resh fruit will be available throug  | hout the day  |  |   |

| Week 1/5/9                   | mon  | Tue XMAS IN JULY MENU<br>FIRST WEEK  | wed   | thu   | fri   | sat  | sun   |
|------------------------------|--|--|---|---|---|--|---|
| dinner                       |  |  |   |   |   |  |   |
| one course                   | chargrilled steak with red<br>wine sauce   | indian dinner –  - lamb rogan josh - chicken tikka masala - goan fish curry with tomato, coconut & indian spices - coconut dhal with roasted vegetables - naan bread - mango chutney - raita - pappadums | sticky honey & soy chicken<br>drumsticks with roasted black<br>& white sesame seeds | crispy skin salmon with<br>balsamic mustard glaze   | veal ravioli with basil, wilted<br>spinach & napoli sauce                                     | pasta night – spaghetti Bolognese & garlic bread farfalle with green peas, asparagus, crème    | sunday roast –<br>garlic, rosemary & lemon<br>rubbed roast lamb leg with<br>pan gravy                         |
| vegetarian                   | black bean & vegetable<br>winter cottage pie with<br>cheddar crumble top               |  | mediterranean rice with lentils & toasted cauliflower                               | puff pastry galette with<br>potato, rosemary & goat<br>cheese   | zucchini, eggplant & feta<br>lasagne  | fraiche & tarragon   | haloumi kebab with<br>mushroom, peppers, onions<br>& nut free pesto   |
| salad                        | broad bean salad with pearl<br>couscous & lemon vinegar<br>dressing                    | kachumber salad –<br>cucumber, tomato & onion<br>with lemon coriander mint<br>dressing   | greek farro salad with rocket,<br>chickpeas, cucumber &<br>oregano dressing         | power salad with quinoa,<br>avocado, spinach, tomatoes<br>& olive oil vinaigrette                         | pickled cucumber & soba<br>noodle salad with ginger,<br>coriander, shallots & soy<br>dressing | Caesar salad with poached<br>eggs, baby cos lettuce,<br>shaved parmesan & Caesar<br>dressing ` | garden salad with mixed<br>leaves, shaved fennel,<br>avocado, cucumber, beans,<br>citrus & French vinaigrette |
| vegetables                   |  | se   | steamed seasonal vegetable  | e available to accompany the mass. I variety of steamed rice, jasm<br>lenta / variety of potatoes - roast |   | es   |   |
| additional vegetables        | crispy parmesan potatoes steamed winter vegetables roasted pumpkin with spiced pepitas | indian spiced rice bombay potatoes tandoori roasted winter vegetables with curry leaves  | roasted potato with garlic & rosemary roasted brussels sprouts sautéed greens       | mashed potato with spring onion grilled corn on the cob peas with pancetta & mint                         | Garden salad roasted root vegetables with honey & balsamic steamed winter greens              | garlic & herb ciabatta roasted carrot & zucchini   | steamed chat potato with rosemary & sea salt  butternut squash hash with kale & sourdough crumb               |
| the dessert station          | carrot cake with tart lemon icing & pepita praline                                     | Vanilla pannacotta, Chai<br>spiced syrup   | winter fruit crumble with<br>cranberries & oats<br>ice cream                        | poached winter pears with<br>greek yoghurt & toffee<br>shards   | jelly & yoghurt trifle cup  | Classic Tiramisu   | strawberry ice-cream cones<br>with wafers & smashed berry<br>sauce  |
| special dietary requirements |  |  | all special dietar  | y requirements will be met for e  | ach meal service  |  |   |

| Week 2/6/10                      | mon  | tue   | wed  | thu   | fri                                       | sat      | sun                      |  |
|----------------------------------|--|---|--|---|---|----------|--------------------------|--|
| breakfast                        |  |   |  |   |   |          |                          |  |
| residential breakfast            | hash brown poached eggs & guacamole  | Pickets with berries                                  | poached eggs with thick cut<br>grain toast | hotcakes with blueberries & natural yoghurt   | scrambled egg & feta<br>toast             | In House | egg & bacon with tomato  |  |
| special                          | coconut porridge with cinnamon roasted pear  | chartwells smoothie tuesday!<br>banana & oat smoothie | Fresh fruit with sweetened coconut yoghurt | winter fruit granola with<br>puffed rice, sunflower seeds,<br>chia seeds, dried figs, apples<br>& honey | chia pot with brown sugar<br>mango        |          | chutney on turkish rolls |  |
| continental breakfast<br>station | continental breakfast may include a range of the following items: selection of breakfast cereals - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, low gluten selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% orange juice, water variety of milks that may include full cream, lite & calcium fortified soy |   |  |   |   |          |                          |  |
| residential morning tea          | make your own yoghurt crunch cup with granola, chia & smash berries  | Pork buns   | Apple muffin with honey oat top            | zucchini, corn & parmesan<br>slice  | Anzac biscuits salted caramel popcorn bag |          |                          |  |
| fruit                            |  |   | seasonal f                                 | resh fruit <mark>will be available</mark> throug  | hout the day                              | -        |                          |  |

| Week 2/6/10            | mon   | tue   | wed  | thu  | fri  | sat  | sun   |
|------------------------|---|---|--|--|--|--|---|
| lunch                  | •   |   |  |  |  |  |   |
| hot option             | oven roasted pumpkin risotto<br>with crisp pancetta, peas &<br>parmesan | Build your own poke bowl<br>Chicken<br>salmon                       | lemongrass beef stir-fry with flat rice noodles & broccoli                       | pulled lamb cornish pastie<br>with swede, turnip, parsnip &<br>tomato chilli jam beef                        | hoisin pork spareribs with<br>apple cider slaw<br>dice pork      | myo lunch – whole roast chicken homestyle garden salad raita & guacamole | Sunday social bbq – beef, chicken & plant forward sausages & grilled sweet onion rings potato salad |
| lighter option         |   |   |  |  |  |  |   |
| vegetarian option      | oven roasted pumpkin risotto<br>with peas & parmesan                    | Poke bowl   | vietnamese lemongrass<br>vegetable stir-fry with flat rice<br>noodles & broccoli | traditional vegetable cornish<br>pastie with swede, turnip,<br>parsnip & tomato chilli jam                   | hoisin tofu steak with apple<br>cider slaw                       |  |   |
| soup                   | minestrone soup with borlotti<br>beans, vegetables &<br>parmesan        | potato & leek soup with chives, cream & cracked black pepper        | carrot & turmeric soup with<br>fresh ginger, garlic & toasted<br>coconut         | chicken pho with rice<br>noodles, mint, chilli &<br>coriander  | beef & vegetable soup with<br>winter vegetables & fresh<br>herbs | 5  |   |
| range of breads        |   | ciabatta, baç   | <mark>guettes, tosca</mark> na <mark>loaf, brioche rol</mark>                    | lls, sour dough baguettes pita po  | ockets, mexican wraps, piadina                                   | & turkish bread  | 1   |
| sandwich/<br>myo salad | protein ingred  | salad ingredients   | that may include - sliced tomato   | roast beef, corned beef, tuna, sa<br>o, lettuce, rocket, baby spinach,<br>relish, pickles, mayonnaise, aioli | <mark>red onion,</mark> carrot, roasted capsid                   |  | wiss cheese etc   |
| afternoon tea          | vanilla teacake with salted caramel icing ed berries                    | chickpea hummus with<br>vegetable sticks & grilled<br>turkish bread | cheese platter with grapes, seasonal fruits & crackers                           | Honey joys   | Mini beef pies   |  |   |
| fruit                  |   |   | seasonal f   | resh fruit will be available throug  | hout the day   |  |   |

| Week 2/6/10                  | mon  | tue   | wed   | thu   | fri   | sat   | sun   |
|------------------------------|--|---|---|---|---|---|---|
| dinner                       |  |   |   |   |   |   |   |
| one course                   | balsamic, honey & mustard<br>pork chops  | Greek beef moussaka<br>or eggplant & zucchini<br>moussaka with lentils & sage | grilled lamb fajitas with<br>chimichurri  | Spaghetti Bolognese   | chicken tikka masala with<br>yoghurt flatbreads                                   | pan-Asian -<br>thai massaman beef curry<br>with cumin, coriander &<br>cinnamon                        | Sunday roast-<br>pork roast with fennel, thyme<br>& pan juices      |
| vegetarian                   | thai green vegetable curry<br>with sweet potato, jackfruit &<br>edamame beans                | Mediterranean veg & potato<br>bake  | chickpea & vegetable koftas<br>with minted yoghurt sauce                              | Chickpea and lentil<br>Bolognese  | fried rice with edamame,<br>fried egg, vegetables &<br>sambal oelek               | okonomiyaki pancakes with<br>edamame beans, wombok &<br>kewpie mayo                                   | Lebanese rice with fried cauliflower, broken egg, sumac & coriander |
| salad                        | asian quinoa salad with<br>shredded vegetables, spring<br>onions & sesame ginger<br>dressing | winter kale & wild rice salad<br>with wasabi dressing                         | lentil tabbouleh with cherry<br>tomatoes, parsley, mint &<br>olive oil lemon dressing | pearl couscous salad with<br>balsamic roasted tomatoes &<br>honey lemon yoghurt                                   | balsamic roasted potato<br>salad with rocket,<br>mushrooms & balsamic<br>dressing | bok choy salad with shaved<br>wombok, spring onions, crisp<br>noodles & chilli, soy, lime<br>dressing | chopped salad with<br>parmesan cheese & lime<br>vinaigrette         |
|                              |  | ,   |   | e available to accompany the ma   |   |   | ,   |
| vegetables                   |  | Se  |   | e <mark>s / variety</mark> of steamed rice, jas <mark>m</mark><br>enta / variety <mark>of potatoes</mark> - roast |   | es  |   |
| (                            | steamed basmati rice   | oven roasted fat chips  | roasted winter spuds  | Garlic bread  | steamed saffron basmati rice  | briami - greek roasted  |   |
| additional vegetables        | carrots & garden peas with lemon butter  | winter slaw with lime<br>vinaigrette  | balsamic roasted brussels<br>sprouts  | green beans with dukkha   | chargrilled vegetable medley  | vegetables with potato,<br>tomato, peppers, zucchini,   | traditional roast potatoes  |
| -                            | wilted kale with onions, garlic<br>& toasted sunflower kernels                               | roasted beets with fennel & orange  | thyme roasted pumpkin wedges  | grilled corn with lime butter   | steamed carrots with butter & poppy seeds   | onions, garlic, <mark>olive o</mark> il &<br>herbs  | steamed winter vegetables   |
| the dessert station          | rhubarb, pear & blackberry coconut crumble with custard                                      | Loukoumades with orange<br>blossom water<br>Vanilla ice cream                 | sticky date pudding with butterscotch sauce, cream                                    | winter fruit salad with yogurt ice cream  | ice-cream with hot chocolate sauce  | poached winter fruits with vanilla yoghurt cinnamon oats  | dark chocolate & berry<br>mousse cups                               |
| special dietary requirements |  |   | all special dietar  | y requirements will be met for ea   | ach meal service  | ,   | ,   |

| Week 3/7                         | mon  | tue  | wed   | thu  | fri                                | sat | sun                       |  |  |
|----------------------------------|--|--|---|--|------------------------------------|-----|---------------------------|--|--|
| breakfast                        |  |  |   |  |                                    |     |                           |  |  |
| residential breakfast            | pancakes with berries and bananas & maple syrup      | toasted sandwich with fried<br>egg, bacon & cheese   | boiled eggs with grilled<br>sourdough toast | corn & zucchini fritters with avocado salsa                            | spinach & mushroom<br>omelette     |     | bacon & egg with barbecue |  |  |
| special                          | chia breakfast pot with yoghurt, coconut & blueberry | chartwells smoothie tuesday!<br>strawberry & mango<br>smoothie   | banana bread                                | winter fruit parfait with<br>yoghurt & spice roasted<br>apples & pears | blueberry breakfast granola<br>bar |     | sauce on brioche buns     |  |  |
| continental breakfast<br>station |  | continental breakfast may include a range of the following items: selection of breakfast cereals - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, low gluten selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% orange juice, water variety of milks that may include full cream, lite & calcium fortified soy |   |  |                                    |     |                           |  |  |
| residential morning tea          | chicken & corn soup with focaccia strips             | spinach & feta gozleme   | giant choc chip cookies                     | dip pot with vegetable sticks<br>& pita chips                          | cinnamon scroll                    |     |                           |  |  |
| fruit                            |  |  | seasonal f                                  | resh fruit will be available throug                                    | hout the day                       |     | _                         |  |  |

| Week 3/7               | mon  | tue  | wed  | thu  | fri   | sat   | sun   |
|------------------------|--|--|--|--|---|---|---|
| lunch                  |  |  |  |  |   |   |   |
| hot option             | winter beef steak &<br>mushroom pie with root veg<br>mash  | fettuccine with pan seared<br>chicken, mushrooms &<br>shaved parmesan<br>penne | minute steak sandwich with<br>caramelised onions, salad &<br>relish                | beef nachos with salsa,<br>shredded salad, guacamole<br>& light sour cream       | thai red lamb curry with steamed basmati rice                           | myo lunch whole roast Greek style chicken Greek salad tzatziki pita bread | Sunday social BBQ –  beef rissoles veg?  lettuce, tomato, cucumber beetroot & coriander dressing  basket of wraps |
| lighter option         |  |  |  |  |   |   |   |
| vegetarian option      | winter vegetable pie with puff<br>pastry star  | pan seared mushroom<br>fettuccine with shaved<br>parmesan                      | chargrilled zucchini & eggplant sandwiches with caramelised onions, salad & relish | chilli bean tacos with salsa,<br>shredded salad, guacamole<br>& light sour cream | thai red sweet potato curry<br>with chickpeas & steamed<br>basmati rice |   |   |
| on the side            | ginger pumpkin soup with chili, lime & coriander   | vegetable & lentil soup with<br>celery, tomatoes & shaved<br>parmesan          | pea & ham soup with green<br>split peas, leek & garden<br>peas                     | asian quinoa broth with<br>mushrooms, spinach & bok<br>choy                      | roasted tomato & red pepper<br>soup with shaved parmesan                |   |   |
| range of breads        |  | ciabatta, bag  | quettes, toscana loaf, brioche ro  | lls, sour dough baguettes pita po  | ockets, mexican wraps, piadina 8  | & turkish bread   |   |
| sandwich/<br>myo salad | protein ingredients that may include - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc |  |  |  |   |   |   |
| afternoon tea          | apple tea cake with oat crumb  | orange & poppy seed muffin   | beef & vegetable pastie with kasoundi  | jumbo anzac cookie with honey, coconut & oats                                    | pikelets with jam cream   |   |   |
| fruit                  |  |  | seasonal f   | resh fruit will be available throug  | hout the day  |   |   |

| Week 3/7                     | mon   | tue   | wed   | Thu - Boarders Choice   | fri   | sat   | sun  |
|------------------------------|---|---|---|---|---|---|--|
| dinner                       |   |   |   |   |   |   |  |
| one course                   | beef stir fry with bok choy,<br>peppers, wombok, black<br>bean sauce & coriander                    | Japanese dinner –  - assorted sushi rolls  - assorted steamed gyoza with chilli dipping sauce  - tempura fish strips with Japanese dipping sauces  - Yaka tori chicken skewers okonomiyaki - Japanese | slow cooked lamb with winter<br>vegetables & herb dumplings   | Chicken lasagne, shaved<br>parmesan & herb garlic<br>bread  | pork ragu with jacket<br>potatoes                             | char sui pork bau buns with<br>pickled vegetables & sweet<br>chilli aioli<br>refried bean quesadillas with<br>guacamole & salsa | garlic & rosemary studded<br>roast chicken with pan gravy                  |
| vegetarian                   | Bangkok coconut curry with<br>broccoli, chickpeas,<br>cabbage, rice noodles,<br>ginger & fresh lime | pancakes with cabbage,<br>eggs, vegetables & kewpie<br>mayonnaise   | black bean & quinoa veggie<br>burgers with rocket & dijon<br>mustard & honey yoghurt                            | pumpkin ravioli with tomato<br>sugo, spinach, sage goat<br>cheese                                   | spinach & feta tart with<br>balsamic dressed rocket<br>leaves |   | cannelloni with ricotta, baby<br>spinach, tomato sugo &<br>shaved parmesan |
| salad                        | winter slaw with wombok,<br>carrots, shallots, apple &<br>apple cider vinaigrette                   | shaved cabbage, fennel,<br>green apple & parmesan<br>salad with white wine<br>vinaigrette   | roasted winter root vegetable<br>salad with carrots, sweet<br>potatoes, celeriac & balsamic<br>vinegar dressing | barley salad with tomatoes,<br>mint, red onion & lemon<br>vinaigrette                               | fattoush salad with cumin<br>yoghurt dressing                 | japanese s <mark>alad w</mark> ith<br>edamame bean <mark>s, shre</mark> dded<br>vegetables & mirin dressing                     | ancient grain salad with<br>freekah, parsley, currants &<br>lime dressing  |
| vegetables                   |   | Se  | steamed seasonal vegetable  | e available to accompany the mass / variety of steamed rice, jasmenta / variety of potatoes - roast |   | es  |  |
| additional vegetables        | Steam Jasmin rice   | special fried rice with egg,<br>vegetables & sticky soy   | rough mashed sweet potato   | roasted vegetable medley with rosemary  green beans with balsamic roasted cherry tomatoes &         | french fries with herbs & sea salt                            | japanese sticky rice steamed broccoli with toasted sesame seeds   | hand cut roasted semolina potatoes roasted zucchini with red               |
|                              | steamed beans with olive oil  | wok tossed vegetables   | parmesan roasted cauliflower  | garlic pangrattato mashed potato with seeded mustard  | wok tossed asian greens sauteed peas with basil               | wok tossed bok choy with teriyaki sauce   | onions & balsamic<br>sauteed cabbage with sage<br>& butter                 |
| the dessert station          | vanilla bean custard pots<br>with winter fruit  | winter fruit salad with whipped vanilla mascarpone  | Frozen yoghurt with fruit   | self-saucing chocolate<br>pudding<br>whipped cream  | whole baked apples with ice cream, spice & brown sugar        | create your own sundae with vanilla ice-cream, caramel sauce & shortbread crumb   | chocolate mousse with honeycomb shards                                     |
| special dietary requirements |   |   | all special dietar  | y requirements will be met for ea   | ach meal service  |   |  |

| Week 4/8                         | mon  | tue  | wed  | thu   | fri  | sat | sun               |  |  |
|----------------------------------|--|--|--|---|--|-----|-------------------|--|--|
| breakfast                        |  |  |  |   |  |     |                   |  |  |
| residential breakfast            | breakfast pizza sub with<br>tomato sugo, mozzarella &<br>basil         | roasted red pepper & egg<br>galette  | berry pancake with smashed<br>berry yoghurt                                      | soft boiled eggs with toasted<br>english muffins        | breakfast blt on wholemeal<br>bread        |     | Egg & Bacon rolls |  |  |
| special                          | rockmelon, honeydew & pineapple sticks                                 | chartwells smoothie tuesday!<br>spinach smoothie with<br>pineapple & mango | breakfast trifle pots with<br>greek yoghurt, smashed fruit<br>& granola clusters | buckwheat muffin with navel<br>orange, bran & chia seed | winter fruit compote with earl<br>grey tea |     | _gg               |  |  |
| continental breakfast<br>station | hreads for foasting, including high thread, drain X, seed, low diluten |  |  |   |  |     |                   |  |  |
| residential morning tea          | raspberry, coconut loaf  | Jam drops  | scrolls with lemon glaze   | Fried rice, prawn cracker                               | Veg spring rolls                           |     |                   |  |  |
| fruit                            |  | seasonal fresh fruit will be available throughout the day                  |  |   |  |     |                   |  |  |

| Week 4/8               | mon   | tue   | wed  | thu  | fri   | sat   | sun  |
|------------------------|---|---|--|--|---|---|--|
| lunch                  |   |   |  |  |   |   |  |
| hot option             | soft tacos with grilled<br>chicken, spiced beans,<br>guacamole, salsa, jalapeno<br>slaw & cheddar | pulled beef burger with mixed leaf salad & sticky bbq sauce     | panko crumbed fish strips<br>with aioli & tossed garden<br>salad | pork & fennel sausage roll<br>with tomato relish   | grilled thai chicken strips with<br>wok tossed vermicelli<br>noodles & thai sweet chilli<br>sauce | myo lunch – whole roast Cajun style chicken Caesar salad raita pita bread | Sunday social BBQ  build your own steak sandwich with fried onion, tomato beetroot, lettuce & choice of three condiments. veg? |
| lighter option         |   |   |  |  |   |   |  |
| vegetarian option      | myo tacos with spiced beans,<br>guacamole, jalapeno salsa,<br>slaw & cheddar                      | pulled jackfruit burger with slaw & sticky bbq sauce            | panko crumbed mushrooms<br>with aioli & tossed garden<br>salad   | sweet potato, fennel, apple & feta sausage roll with tomato relish   | thai tofu strips with wok<br>tossed vermicelli noodles &<br>thai sweet chilli dipping<br>sauce    |   |  |
| soup                   | chicken noodle soup with winter vegetables  | vegetarian laksa with hokkien<br>noodles, mint & fried shallots | tomato, vegetable & red lentil<br>soup                           | thai pumpkin soup with coconut milk, ginger & coriander  | hot & sour lime soup with<br>lemongrass, beef broth,<br>ginger, beef strips & fresh<br>ginger     |   |  |
| range of breads        |   | ciabatta, bag   | guettes, toscana loaf, brioche ro                                | lls, sour dough baguettes pita po  | o <mark>ckets, mexican</mark> wraps, piadina &  | k turkish bread   | •  |
| sandwich/<br>myo salad | protein ingre   | dients that may include - shaved<br>salad ingredients           | ham, poached chicken, turkey, that may include - sliced tomato   | roast beef, corned beef, tuna, sa<br>o, lettuce, rocket, baby spinach, relish, pickles, mayonnaise, aioli, | almon, hard boiled eggs, sliced or<br>red onion, carrot, roasted capsic                           | cheddar cheese, light cheese, sv<br>eums, cucumber etc                    | wiss cheese etc  |
| afternoon tea          | vegemite & cheese scroll  | Finger buns   | Guacamole corn chips   | winter fruit platters with yoghurt dipping pots & berry bliss balls  | donuts  |   |  |
| fruit                  |   |   | seasonal f   | resh fruit will be available throug  | hout the day  |   |  |

| Week 4/8                     | mon   | tue   | wed  | thu   | fri   | sat  | sun   |  |  |  |  |
|------------------------------|---|---|--|---|---|--|---|--|--|--|--|
| dinner                       |   |   |  |   |   |  |   |  |  |  |  |
| one course                   | chicken schnitzel with apple<br>& cabbage salad   | Chicken fajitas                                     | lamb biryani with mango<br>chutney, steamed rice &<br>pappadums                    | grilled chicken with lemon,<br>garlic, sage & puttanesca<br>sauce                                   | pappardelle pasta with pan<br>beef, mushroom ragu &<br>shaved parmesan                      | burger bbq –<br>grilled chipotle & lime<br>chicken fillet burgers  | Roast pork crackling<br>A <i>pple sauce</i>   |  |  |  |  |
| vegetarian                   | vegetarian ramen bowl with<br>bok choy, tofu, shredded nori<br>& light soy sauce              | Veg fajitas   | pea & feta risotto with<br>shaved parmesan & baby<br>spinach leaves                | teriyaki stir fried vegetables<br>with edamame & brown rice   | sweet potato & quinoa stack<br>with rosemary potatoes,<br>fresh lemon & basil               | beef burgers with guacamole chartwells chickpea, lemon & sweet corn burgers grilled cajun fish burgers with smoky bbq sauce  | roasted zucchini & eggplant<br>curry with basmati, chickpeas<br>& chutney                           |  |  |  |  |
| salad                        | israeli couscous salad with<br>sweet potato, shaved fennel,<br>rocket & olive oil vinaigrette | 3 bean salad chard corn<br>Salad greens             | chickpea, broad bean,<br>zucchini & ricotta salad with<br>preserved lemon dressing | cos leaf salad with shaved<br>parmesan, poached egg,<br>ciabatta croutons & caesar<br>dressing      | red kidney bean salad with<br>coriander, chickpeas,<br>edamame beans & dijon<br>vinaigrette | winter garden salad with<br>shaved brussels sprouts,<br>cauliflower, beetroot and<br>honey dijon balsamic<br>dressing  | tex mex barley salad with<br>sweet corn, tomatoes, salad<br>onions, coriander & avocado<br>dressing |  |  |  |  |
| vegetables                   |   | Se  | steamed seasonal vegetable   | e available to accompany the mass / variety of steamed rice, jasmenta / variety of potatoes - roast |   | es   |   |  |  |  |  |
|                              | chargrilled thyme potatoes  |   | fried rice   | baby potato with butter & parsley   | rough smashed potatoes  |  | Roast potatoes  |  |  |  |  |
| additional vegetables        | spicy corn kernels with peppers   | bean salad Charred corn with seasoning Salad greens | ginger sesame bok choy   | red cabbage sautéed with apple & cider  | sautéed silverbeet & broccoli   | jacket potatoe <mark>s w</mark> ith light<br>sour cream <mark>&amp;</mark> slaw  | roasted winter vegetables<br>zucchini & yellow squash<br>gratin                                     |  |  |  |  |
|                              | sautéed silverbeet with garlic<br>& lemon   | g   | roasted cauliflower & broccoli<br>with lemon & garlic                              | honey <mark>&amp; ginge</mark> r glazed<br>carrots  | hoisin glazed eggplant strips   | The state of the s | oven roasted tomatoes   |  |  |  |  |
| the dessert station          | flourless berry cake with greek yoghurt   | churros with chocolate dipping sauce and ice cream  | Warm brownies with cream   | winter fruit shots with spiced mascarpone   | apple, apricot & cranberry crumble  | chocolate ice-cream cones  | Apple pie with ice cream  |  |  |  |  |
| special dietary requirements |   |   | all special dietary requirements will be met for each meal service                 |   |   |  |   |  |  |  |  |