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| --- | --- | --- | --- | --- | --- | --- | --- |
| 11- 17 March 2019 | mon | tue | wed | thu | fri | sat | sun |

breakfast

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| residential breakfast | continental only | spaghetti with cheese  soft baked eggs  chipolatas  roasted tomato | continental only | bacon  scrambled eggs with chives  hash browns  baked beans | continental only | selection of brunch items with pastries & extras | selection of brunch items with pastries & extras |
| continental breakfast | selection ofcontin breakfast cereals including natural muesli, corn flakes, sultana bran, weet bix, rice bubbles  whole fresh fruit, stewed & poached fruits  breads for toasting, including high fibre white bread, grain & seed, gluten free selection of spreads including vegemite, honey & jams  cold beverages including 100% fruit juice, water | | | | | | |

lunch

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| --- | --- | --- | --- | --- | --- | --- | --- |
| main | chicken fajitas wrap with chilli beans, cheese & salsa | thai chicken burgers with spring vegetable & herb slaw |  | mild butter chicken with basmati rice & raita | teriyaki beef  with hokkien noodles |  |  |
| vegetarian/ vegan | refried beans with corn & red peppers | pan fried corn fritter burger with tomato salsa | sandwich bar | lentil & vegetable dhal | stir fry tofu & vegetables | selection of brunch items with pastries & extras | selection of brunch items with pastries & extras |
| salad | summer barley salad with roasted carrots & sultanas | pumpkin, potato & quinoa salad |  | roasted carrot &  chickpea salad | asian vegetable slaw |  |  |
| dinner |  | | | | | | |
| main | soy & ginger stir fry beef & vegetables & rice | grilled rump steak with mushroom sauce |  | beef bolognaise  buttered penne pasta | battered fish fillet with lemon aioli | devilled grilled sausages | roasted chimichurri chicken |
| vegetarian/ vegan | lentil & potato curry with rice | penne pasta primavera with pangratatto | chef’s choice | roasted vegetable moussaka | vegan beef ribs | truffled cauliflower & mushroom pasta bake | vegetarian shepherd’s pie  chickpeas & vegetable |
| Veg and salad | fragrant jasmine rice  sautéed mixed greens | crunchy potato fries  steamed corn, broccoli & carrot, |  | garlic & rosemary chat potatoes  zucchini, cauliflower | szechuan potato fries  corn cobs & buttered peas | creamy mashed potato  carrots, broccoli | mexican spicy rice  green beans & broccoli |
| dessert | apple & rhubarb cake | seasonal fruit salad & yoghurt |  | apple & pear crumble with cinnamon & citrus yoghurt | self-saucing chocolate pudding | summer fruit trifle | banana cake |
| special dietary requirements | all special dietary requirements will be met for each meal service | | | | | | |