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| --- | --- | --- | --- | --- | --- | --- | --- |
| 4 – 10 March 2019 | mon | tue | wed | thu | fri | sat | sun |

breakfast

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| residential breakfast | continental only | potato gems  grilled bacon  roast tomatoes  baked beans  scrambled eggs | continental only | hash browns  sausage, mushrooms  spaghetti  fried eggs | continental only | selection of brunch items with pastries and extras | selection of brunch items with pastries and extras |
| continental breakfast | selection of 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 |  | fettuccine chicken & bacon carbonara  with parsley & parmesan | sandwich day | beef lasagna  garlic bread roll | beef & vegetable pie | selection of brunch items with pastries and extras | selection of brunch items with pastries and extras |
| veggie | meat free mondays | zucchini onion & peas carbonara with parsleys and lemon zest |  | spinach & ricotta ravioli | grilled tofu & haloumi burger  asian slaw & siracha mayonnaise |  |  |
| Salad/ veg/starch | (no cold meats) | marinated cherry tomato bocconcini salad, tomato and rocket, balsamic glaze |  | asian noodle salad | greek salad |  |  |
| dinner |  | | | | | | |
| main | meat free mondays , | beef nachos served with sour cream, guacamole, spicy salsa & shredded cheese |  | orecchiette with Italian sausage, tomato & chili, olives & spinach | honey & soy baked chicken drumsticks | rare roast rump | massaman chicken curry |
| veggie |  | vegetarian nachos served with sour cream, guacamole, spicy salsa & shredded cheese | chef’s choice menu | baked stuffed eggplant tomato sugo & basil pesto | rice noodle with vegan prawns and seasonal veg | vegetarian tofu baked rissoles | thai green eggplant & tofu |
| Veg and salad | roasted potato wedges  carrot, beans & cauliflower | spiced mexican rice  roasted carrot , sweet potato & beets |  | crushed chats with rosemary & garlic  peas cauliflower & broccoli | fried rice  asian greens | mashed potato  seasonal steamed vegetables | onion basmati rice  carrots & beans |
| dessert | banana cake with butterscotch | seasonal fruit salad |  | home made carrot cake | chocolate mousse, with raspberry compote | icy poles & dixie cups | raisin and almond bread and butter pudding |
| special dietary requirements | all special dietary requirements will be met for each meal service | | | | | | |