

# SPRING MENU

WEEK 4

monday 

## BREAKFAST

Available if required

tuesday 

## BREAKFAST

Available if required

wednesday 

## BREAKFAST

Available if required

thursday 

## BREAKFAST

Available if required

friday 

## BREAKFAST

Available if required

## MORNING TEA

Kirby's vegemite and cheese focaccia

## MORNING TEA

Fruit and vegetable platter with rice crackers

## MORNING TEA

English muffins with baked beans and melted cheese

## MORNING TEA

Roasted capsicum dip with pita bread and vegetable sticks

## MORNING TEA

Yoghurt with banana and toasted oats

## LUNCH

Cottage pie

## LUNCH

Jade's ginger chicken fried rice

## LUNCH

Tattiana's vegetarian kung pao wow

## LUNCH

Assortment of fresh sandwiches and wraps

## LUNCH

Chicken stroganoff with pasta

## AFTERNOON TEA

Fruit and vegetable platter with rice crackers

## AFTERNOON TEA

Selina's chocolate zucchini cake

## AFTERNOON TEA

Fruit and yoghurt cups

## AFTERNOON TEA

Fruit platter

## AFTERNOON TEA

Basic scones with fresh fruit

## PUREE

Available if required

Modifications are made to the daily meal to allow for vegetarian, gluten and any other dietary requirements.

Secondary meal option is always available on request with consultation with the in-house chef.

### DAILY FOOD SUMMARY

Meat and alternatives	1.1
Dairy	1.7
Breads/cereals/rice/pasta	0.7
Fruit	1.1
Vegetables	5.2

### DAILY FOOD SUMMARY

Meat and alternatives	1.5
Dairy	0.2
Breads/cereals/rice/pasta	1.6
Fruit	1.1
Vegetables	2.4

### DAILY FOOD SUMMARY

Meat and alternatives	1.3
Dairy	1.9
Breads/cereals/rice/pasta	1.8
Fruit	1.2
Vegetables	4.4

### DAILY FOOD SUMMARY

Meat and alternatives	1
Dairy	0.6
Breads/cereals/rice/pasta	3.2
Fruit	1
Vegetables	1.4

### DAILY FOOD SUMMARY

Meat and alternatives	0.8
Dairy	0.4
Breads/cereals/rice/pasta	3.2
Fruit	1.9
Vegetables	1.1

### SYMBOLS



MENU DESIGNED IN CONSULTATION WITH

