

BREAKFAST

Choice of 5 cereals served with full cream/skim/soy milk, seasonal fresh and preserved fruits, a selection of wholesome breads and accompaniments. Beverages: tea, coffee, fruit juice and water.

Plus one of the following on a fixed daily rotation:

- Pancakes with maple syrup or honey with Greek yogurts and berries
- Scrambled eggs with baked beans and grilled zucchini
- Poached eggs, hash browns and spaghetti
- Cheese omelette, hash browns and spaghetti
- Breakfast waffles and caramel sauce with Greek yogurts and berries
- Scrambled Eggs, mushrooms and vegetarian sausages
- Poached eggs, cheesy tomatoes and baked beans

LUNCH

One of the following on a fixed daily rotation:

- Vegetarian sausages
- Vegetarian Bolognese
- Crumbed vegetable patty
- Honey soy stir fry with Asian vegetables and tofu
- Crumbed mock fish with tartare sauce
- Falafel, hummus and grilled vegetable wraps
- Marinated chilli and honey tofu steaks

All the above meals served with a selection of salads.



DINNER

One of the following on a fixed daily rotation:

- Vegetable parmigiana with potato bake and honey carrots
- Roasted vegetable and polenta loaf with crispy potatoes, peas and carrots
- Vegetarian kofta ball, mushroom kebabs and grilled cauliflower with fetta fritters
- Vegetarian lasagne and garlic bread with corn cobettes and garden peas
- Polenta and roasted capsicum loaf with roast potatoes, broccoli and cauliflower cheese
- Mushroom stroganoff, smoked paprika and sour cream with jasmine rice

All the above meals served with a selection of vegetables

DESSERT

One of the following on a fixed daily rotation:

- Chocolate mousse
- Cheesecake
- Apple brown sugar crumble
- Banoffee Pie
- Assorted ice-creams and toppings
- Chocolate mud cake
- Fruit, jelly and cream

