



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**BREAKFAST**

<b>BREAKFAST ITEMS</b>	<b>The hot cupboard</b> <ul style="list-style-type: none"> <li>Variety of toasted sandwiches on grain, sourdough &amp; white breads, egg &amp; bacon muffins, toasted fruit bread, banana bread, danish pastries,</li> <li>The 'special' club toasted sandwich that changes daily plus more ...</li> </ul>				
<b>THE COLD CUPBOARD</b>	<b>The reach in fridge</b> <ul style="list-style-type: none"> <li>Yoghurt pots, fruit salad tubs, tall single fruit cups, bircher muesli, selection of sandwiches, wraps &amp; rolls, daily salad specials,</li> <li>Fresh whole fruit, juices &amp; water</li> </ul>				
<b>THE BAKERY</b>	<b>The bakery counter</b> <ul style="list-style-type: none"> <li>Our own baked muffins &amp; home baked goods direct to the counter straight from the oven</li> <li>Apple &amp; cinnamon scrolls, lamingtons, baked oat slice</li> </ul>				

**MORNING TEA**

<b>OPTION 1</b>	Chicken sandwich	Chicken wrap	Vegetable spring rolls	Margherita pull a-part	Pulled beef or vegetarian quesadilla
<b>OPTION 2</b>	Ham, leek & zucchini frittata	Nasi goreng noodle box	Teriyaki beef skewer	Chicken & corn soup with toasted herb bread	Five spice chicken strips

**LUNCH**

<b>OPTION 1</b>	Bacon, avocado & salad baguette	Pork sausage & caramelised onion in a bun	Chicken burger	Turkey club sandwich	Lamb souvlaki plate:
<b>OPTION 2</b>	Beef and rice bowl	Chicken lasagne	Thai red coconut beef or tofu curry with veggies & steamed rice	Penne pasta with bolognese sauce	Fish & chips

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**BREAKFAST**

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**MORNING TEA**

<b>OPTION 1</b>	Omelette with mushrooms, cheese & toasted sourdough	Pulled beef & bean nachos	Chipotle chicken wings with oven roasted wedges	Wok tossed beef with rice noodles	Pulled pork ciabatta roll with slaw
<b>OPTION 2</b>	Chicken korma pie	Singapore egg noodles with chicken	Cheese & bacon bun	Chicken & mozzarella focaccia melt	Jacket potato with chicken, slaw & sour cream

**LUNCH**

<b>OPTION 1</b>	Moroccan chicken tagine with cous cous & raita	Honey soy pork & vegetable hokkien noodle stir fry	Beef burger with crisp lettuce, tomato, cheese & pickles	Chicken fried rice with vegetables, egg omelette & fried shallots	Baked penne bolognese with garlic bread
<b>OPTION 2</b>	Beef tortellini with tomato sugo, spinach & shaved parmesan	BBQ chicken skewers	Tuna pasta bake	Cauliflower mac 'n cheese	Massaman beef or tofu stir-fry with jasmine rice