

gather.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DINNER						
SOUP	Soup of the day (winter months only) with accompaniments						
MAIN MEAL - DRY DISH	Morrocan Chicken Thighs	Roast pork in gravy	Herb Crusted Fish	Make your own: Gyros Night - Lamb - Chicken - Vegetarian Served with Pita Bread	Chicken schnitzel	Sweet & sour pork	Lemon Pepper Roast chicken
MAIN MEAL - WET DISH	Beef pasta bake	Butter chicken	Sausages and Onion Gravy		Beef Strogonoff	Irish Beef Stew	Crumbed calamari
MAIN MEAL - VEGETARIAN/ VEGAN DISH	Vegetable Korma	Pumpkin and Spinach Lasagne	Tofu Stirfry		Eggplant Parmigana	Vege Ratatouille	Lentil Dahl
RICE	Indian fried rice	Steamed rice	Noodles	Greek Lemon Rice	Cilantro & lime rice	Steamed rice	Vegetable fried rice
VEGETABLES	Smashed potatoes	Herb Roasted Potato	Garlic Roasted Potatoes	Chips Roast Mediteranean Vegetables Greek Salad Garlic Sauce Tzatziki	Chips	Potato bake	Roast potatoes
VEGETABLES	Mexican corn	Roast carrots	Broccoli florets		Buttered Corn	Baby carrots	Steamed peas
VEGETABLES	Sauteed green beans	Steamed peas	Cauliflower Mornay		Minted peas	Veg medley	Broccoli florets
SALAD OF THE DAY	Seasonal salad of the day to compliment main meal selections						
BREADS	Rotation of fresh breads, rolls, wraps and artisan breads - to include white, wholemeal, multigrain and gluten free						
DESSERT	Fruit salad bar	Apple & Blueberry Crumble w/Custard	Fruit salad bar	Vanilla Slice	Chocolate cake	Ice cream bar	Iced Vanilla Cake
TODAY'S FRESH FRUIT	Selection of whole seasonal fresh fruits						

gather.

Native Ingredient Key and Protein	Dish Includes Native Ingredient	Pork, Ham & Bacon	Beef	Chicken	Lamb	Fish & Seafood	Vegetarian	Vegan
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		DINNER						
SOUP		Soup of the day (winter months only) with accompaniments						
MAIN MEAL - DRY DISH		Teriyaki Glazed chicken	Fish cocktails	Chinese roast pork	Make your own: Burger Night - Beef patties - Grilled chicken - Chickpea & lentil patties	Grilled Fish	Chicken Curry	Honey Garlic Chicken
MAIN MEAL - WET DISH		Spaghetti bolognese	Beef & Black Bean	Irish lamb stew		Red Thai Pork Curry	Pulled pork & gravy w/ rolls	Cottage pie
MAIN MEAL - VEGETARIAN/ VEGAN DISH		Mushroom Stroganoff	Vegetable Stirfry	Stuffed Red Capsicum		Spinach and ricotta Frittata	Vegetable Chow Mein	Vegetable Cottage Pie
RICE		Coconut rice	Steamed rice	Brown rice	Potato wedges	Steamed rice	Steamed rice	Turmeric rice
VEGETABLES		Roast sweet potato	Potato wedges	Roast potatoes	Shredded lettuce Tomato slices Cucumber slices Beetroot Grated carrot Red onion Cheese slices Gherkins	Chips	Smashed potatoes	Roast potatoes
VEGETABLES		Steamed green beans	Ratatouille	Steamed carrots		Honey glazed carrot	Veg medley	Baked pumpkin
VEGETABLES		Mediterranean Roasted Veg	Buttered peas	Veg medley		Steamed green beans	Broccoli	Peas & corn
SALAD OF THE DAY		Seasonal salad of the day to compliment main meal selections						
BREADS		Rotation of fresh breads, rolls, wraps and artisan breads - to include white, wholemeal, multigrain and gluten free						
DESSERT		Fruit salad bar	Banana cake w/ butterscotch	Fruit salad bar	Weet-bix Slice	Sponge and lemon custard Cake	Ice cream bar	Sticky date pudding w/ warm butterscotch sauce
TODAY'S FRESH FRUIT		Selection of whole seasonal fresh fruits						

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		DINNER						
SOUP		Soup of the day (winter months only) with accompaniments						
MAIN MEAL - DRY DISH		Slow Roasted Pork Shoulder	Satay Chicken	Pork San Choi Bow	Make your own: Mexican Night Build your own burrito, nachos or bowl with: - Chilli con carne - Fajita chicken - Nacho beans	Crumbed fish	Beef Rendang	Southern Fried Chicken
MAIN MEAL - WET DISH		Fish Mornay	Shepards Pie	Curried Sausages		Spinach Cheese & bacon frittata	Maylasan Chicken Curry	Sausage and tomato bean Hot pot
MAIN MEAL - VEGETARIAN/ VEGAN DISH		Mac & Cheese w/ Peas	Crispy tofu stirfry with peanut sauce	Vege Lasagne		Chickpea & spinach coconut curry	Vegan Chilli	Bean Enchiladas
RICE		Coconut rice	Steamed rice	Turmeric rice	Brown rice	Fried rice	Steamed rice	Fried rice
VEGETABLES		Steamed herb butter potatoes	Roast sweet potato	Creamy potato bake	Corn salsa Sour cream Shredded iceberg lettuce Grated tasty cheese Mexican slaw	Chips	Mash potato	Baked Potatos
VEGETABLES		Sliced carrots	Paprika cauliflower	Grilled corn		Steamed carrots	Charred pumpkin wedges	Capsicum, corn & peas
VEGETABLES		Charred broccoli	Roast zucchini chunks	Steamed beans		Stir fry greens	Steamed peas	Mustard Cabbage
SALAD OF THE DAY		Seasonal salad of the day to compliment main meal selections						
BREADS		Rotation of fresh breads, rolls, wraps and artisan breads - to include white, wholemeal, multigrain and gluten free						
DESSERT		Fruit salad bar	Carrot Cake	Fruit salad bar	Iced vanilla cake	Impossible Pie	Ice cream bar	Chocolate Cake
TODAY'S FRESH FRUIT		Selection of whole seasonal fresh fruits						

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DINNER							
SOUP	Soup of the day (winter months only) with accompaniments							
MAIN MEAL - DRY DISH	Roast pork	Sweet n Sour Fish	Lemon Garlic Baked Chicken Thighs	Make your own: Hot Dog Night - Frankfurts - Beef Sausage - Vegan Sausages	Battered fish	Chicken schnitzel	Pork Sausages	
MAIN MEAL - WET DISH	Spaghetti bolognese	Cottage Pie	Chilli Basil Pork Mince		Beef stroganoff	Lamb Keema	Pepper Mince Pie	
MAIN MEAL - VEGETARIAN/ VEGAN DISH	Potato Pea & Eggplant Curry	Sweet & sour tofu stir fry	Cheese & Vegetable Frittata		Lentil Shepards Pie	Paneer tikka masala (+ vegan tikka masala)	Eggplant Parmy	
RICE	Steamed rice	Steamed rice	Fried rice	Chips	Brown rice	Fried rice	Turmeric rice	
VEGETABLES	Mashed sweet potato	Roast potato	Smashed potatoes	Shredded Cheese Shallots Fried Onion Bacon Relish Condiments	Chips	Potato Bake	Mashed potato	
VEGETABLES	Cauliflower cheese	Steamed carrots	Roasted Corn Kernels		Sliced carrots	Pumpkin	Cauliflower	
VEGETABLES	Steamed broccoli	Veg medley	Charred zucchini		Steamed beans	Veg medley	Steamed peas	
SALAD OF THE DAY	Seasonal salad of the day to compliment main meal selections							
BREADS	Rotation of fresh breads, rolls, wraps and artisan breads - to include white, wholemeal, multigrain and gluten free							
DESSERT	Fruit salad bar	Black Forest Pudding	Fruit salad bar	Iced carrot cake	Tiramisu	Ice cream bar	American Brownie w/ custard	
TODAY'S FRESH FRUIT	Selection of whole seasonal fresh fruits							