

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Yogurt with Assorted Seasonal Fruit	Crackers, vegetable sticks with ricotta cheese and fruit platter	Crumpets with assorted spreads and seasonal fruit	Crudities with dips Sultanas Apples and Pears slices	Rice Cakes with Spread of choice and fruit platter
Lunch	Assorted Sandwiches (Whole meal and mixed grain bread) Salads and Crudités	Vegetarian Fried Rice	Assorted fillings in sourdough and full grain breads Salads and Crudities	Moroccan Chicken with Cous Cous	Spaghetti Bolognese
Afternoon Tea	Fruit Scones and Assorted Fruit	Anzac Slice Fruit Skewers	Coconut cookies with Fruit smoothies	Banana Berry Muffins Fruit Platter	Zucchini Slice Assorted Fruit
Beverages	Milk and water is offered at each meal	Milk and water is offered at each meal	Milk and water is offered at each meal	Milk and water is offered at each meal	Milk and water is offered at each meal

Sample menu is subject to change with seasonal produce availability and specific dietary needs.