



MENU

Saturday, Day 1, 23/11

(S) Standard. (GF) Gluten Free, (V) Vegan, (GFV) Gluten Free Vegan

Dinner

Marinated Greek Lamb (GF) / Potato Spinach Bake (S)(V) (GFV) / Roasted Root Vegetables / Greek salad / Tzatziki / Greek dressing (V) / White or Brown Hamburger roll / Bread roll (GF)

Dessert

Chocolate Mudcake / Chocolate Brownie cake (GFV) / Thickened cream / Custard (GFV) / Fruit salad



MENU

Sunday, Day 2, 24/11

(S) Standard. (GF) Gluten Free, (V) Vegan, (GFV) Gluten Free Vegan

Breakfast

Instant oats / Nutrigrain / Weet Bix / Muesli (S)(GF) /
Multigrain cereal (GF) / Corn flakes (GF) / Fruit salad /
Flavoured yoghurt / Coconut Vanilla yoghurt / Greek yoghurt
Brown bread / White bread / Wholegrain bread / Sliced bread
(GF) / Strawberry jam / Marmalade / Vegemite / Butter / Honey
Instant coffee / Tea bags / Milo / Sugar / Full cream milk / Low
fat milk / Rice milk / Lactose free milk / Soy milk
Apple juice / Orange juice

Hot breakfast - Oats

Grab & Go - Apples / Bananas / Triple choc chip cookie / Choc
chip cookie (GF)(V)

Lunch

Chicken Caesar salad (S)(GF) / Quinoa Chickpea Coleslaw salad
(S)(GF)(V)(GFV) / Apples / Bananas / Banana bread (S)(GF)
(GFV) / Flavoured cordials

Dinner

Butter Chicken (S)(GF) / Chickpea & Spinach curry (S)(GF)(V)
/ Coconut Basmati rice / Italian salad / Pita bread (S)(GF)

Dessert

Belgian Chocolate mousse (S)(V) / Waffle cones (S)(GF) / Fruit
salad



MENU

Monday, Day 3, 25/11

(S) Standard. (GF) Gluten Free, (V) Vegan, (GFV) Gluten Free Vegan

Breakfast

Instant oats / Nutrigrain / Weet Bix / Muesli (S)(GF) /
Multigrain cereal (GF) / Corn flakes (GF) / Fruit salad /
Flavoured yoghurt / Coconut Vanilla yoghurt / Greek yoghurt
Brown bread / White bread / Wholegrain bread / Sliced bread
(GF) / Strawberry jam / Marmalade / Vegemite / Butter / Honey
Instant coffee / Tea bags / Milo / Sugar / Full cream milk / Low
fat milk / Rice milk / Lactose free milk / Soy milk
Apple juice / Orange juice

Hot breakfast - Oats, Hot Mediterranean wrap (S)(GF)

Grab & Go - Apples / Bananas / Baked fruit bars (GFV) /
Cherry Slice wrapped

Lunch

Chicken Avocado Tomato Lettuce baguette / Cheese Avocado
Salad w/Mayo baguette / Chicken Coleslaw Cucumber roll (GF)
/ Cheese Salad Chutney roll (GF) / Salad Chutney roll (V) /
Salad Tomato Relish roll (GFV) / Apples / Bananas / Cheese &
crackers (S)(GFV) / Flavoured cordials

Dinner

Chilli Con Carne (S)(GF)(V) / Vegetable Chilli Con Carne
(GF) / Mexican rice (GFV) / Garden salad / Corn chips /
Shredded cheese (S)(V) / Tortillas (S)(GF)(V)

Dessert

Panna Cotta / Velvet vanilla dessert (GFV) / Waffle cones (S)
(GF) / Fruit salad



MENU

Tuesday, Day 4, 26/11

(S) Standard. (GF) Gluten Free, (V) Vegan, (GFV) Gluten Free Vegan

Breakfast

Instant oats / Nutrigrain / Weet Bix / Muesli (S)(GF) /
Multigrain cereal (GF) / Corn flakes (GF) / Fruit salad /
Flavoured yoghurt / Coconut Vanilla yoghurt / Greek yoghurt
Brown bread / White bread / Wholegrain bread / Sliced bread
(GF) / Strawberry jam / Marmalade / Vegemite / Butter / Honey
Instant coffee / Tea bags / Milo / Sugar / Full cream milk / Low
fat milk / Rice milk / Lactose free milk / Soy milk
Apple juice / Orange juice

Hot breakfast - Oats

Grab & Go - Apples / Bananas / Protein bar (GFV) / Anzac
biscuit (S)(GF)

Lunch

Pasta salad w/Lamb & Bacon / Pasta salad w/ Bacon / Pasta salad
w/ Feta (S)(GF) / Pasta salad (V)(GFV) / Apples / Bananas
/ Killer pythons/ Chololate Delishios (GF) Dark chocolate
coconut bar (V) / Flavoured cordials

Dinner

Sweet Chilli Chicken (GF) / Vegetable Goulash / Freekah /
Polenta / Potato & Sweet Potato salad / White or Brown
hamburger roll / Bread roll (GF)

Dessert

Waffle cones / Crème Caramel / Caramel slice (GF) / Cup cakes
(GFV) / Fruit salad



MENU

Wednesday, Day 5, 27/11

(S) Standard. (GF) Gluten Free, (V) Vegan, (GFV) Gluten Free Vegan

Breakfast

Instant oats / Nutrigrain / Weet Bix / Muesli (S)(GF) /
Multigrain cereal (GF) / Corn flakes (GF) / Fruit salad /
Flavoured yoghurt / Coconut Vanilla yoghurt / Greek yoghurt
Brown bread / White bread / Wholegrain bread / Sliced bread
(GF) / Strawberry jam / Marmalade / Vegemite / Butter / Honey
Instant coffee / Tea bags / Milo / Sugar / Full cream milk / Low
fat milk / Rice milk / Lactose free milk / Soy milk
Apple juice / Orange juice

Hot breakfast - Oats

Grab & Go - Apples / Bananas / Fruit bun (S)(GF) / RAW
Choc Chip Protein Bar

Lunch

Turkey Cranberry Cheese Pita / Cheese Avocado Salad w/Mayo
wrap / Turkey Cheese Cranberry wrap (GF) / Roasted Pumpkin
Tomato Relish wrap (GF) / Pumpkin Tomato Relish Pita (V)
(GFV) / Apples / Bananas / Laura's Protein Snack / Flavoured
cordials

Dinner

Slow Cooked BBQ Beef Brisket (S)(GF) / Marinated BBQ
Shitake Mushroom (V)(GFV) / Potato salad (S)(GFV) /
Coleslaw (S)(GFV) / Bread roll (GF) / Kransky bread roll

Dessert

Apple pies (S)(V) / Apple Crumble tart (GF) / Thickened cream
/ Custard (GFV) / Fruit salad



MENU

Thursday, Day 6, 28/11

(S) Standard. (GF) Gluten Free, (V) Vegan, (GFV) Gluten Free Vegan

Breakfast

Instant oats / Nutrigrain / Weet Bix / Muesli (S)(GF) /
Multigrain cereal (GF) / Corn flakes (GF) / Fruit salad /
Flavoured yoghurt / Coconut Vanilla yoghurt / Greek yoghurt
Brown bread / White bread / Wholegrain bread / Sliced bread
(GF) / Strawberry jam / Marmalade / Vegemite / Butter / Honey
Instant coffee / Tea bags / Milo / Sugar / Full cream milk / Low
fat milk / Rice milk / Lactose free milk / Soy milk
Apple juice / Orange juice

Hot breakfast - Oats, Potatas Bravas w/Black Beans (S)(V)
(GFV)

Grab & Go - Apples / Bananas / Salted Caramel Choc cookie /
ESKO Choc wafer (GFV)

Dinner

Roast Chicken Breast w/Garlic rosemary (GF) / Vegetable Koftas
(S)(V)(GFV) / Roast Potatoes / Gravy / Peas and Beans / Bread
roll (S)(GF)

Dessert

Cheesecake / Chocolate Brownie Cake (GF) / Cup Cakes (GFV)
/ Waffle cones (S)(GF) / Fruit salad



MENU

Friday, Day 7, 29/11

(S) Standard. (GF) Gluten Free, (V) Vegan, (GFV) Gluten Free Vegan

Breakfast

Instant oats / Nutrigrain / Weet Bix / Muesli (S)(GF) /
Multigrain cereal (GF) / Corn flakes (GF) / Fruit salad /
Flavoured yoghurt / Coconut Vanilla yoghurt / Greek yoghurt
Brown bread / White bread / Wholegrain bread / Sliced bread
(GF) / Strawberry jam / Marmalade / Vegemite / Butter / Honey
Instant coffee / Tea bags / Milo / Sugar / Full cream milk / Low
fat milk / Rice milk / Lactose free milk / Soy milk
Apple juice / Orange juice

Grab & Go - Apples / Bananas / Super fruit muesli bar / Anzac
cookie (GFV)

Lunch

Roast Beef Cheese w/Relish baguette / Roasted Vegetable w/Basil
Pesto & Feta roll / Roast Beef Cheese w/Chutney roll (GF) /
Roasted Pumpkin Tomato Relish wrap (GF)(GFV) / Pumpkin
Tomato Relish pita (V) / Apples / Bananas / Apricot Muesli bar /
Muesli bar (GFV) / Flavoured cordials

Dinner

Meatballs w/Napolitana sauce (S)(GF) / Vegetable Bolognese (S)
(GFV) / Penne (S)(GF) / Garden Salad / Bread Roll (S)(GF)

Dessert

Sticky Date Slab cake (S)(GFV) / Butterscotch sauce / Fruit salad



MENU

Saturday, Day 8, 30/11

(S) Standard. (GF) Gluten Free, (V) Vegan, (GFV) Gluten Free Vegan

Breakfast

Instant oats / Nutrigrain / Weet Bix / Muesli (S)(GF) /
Multigrain cereal (GF) / Corn flakes (GF) / Fruit salad /
Flavoured yoghurt / Coconut Vanilla yoghurt / Greek yoghurt
Brown bread / White bread / Wholegrain bread / Sliced bread
(GF) / Strawberry jam / Marmalade / Vegemite / Butter / Honey
Instant coffee / Tea bags / Milo / Sugar / Full cream milk / Low
fat milk / Rice milk / Lactose free milk / Soy milk
Apple juice / Orange juice

Hot breakfast - Pancakes w/Syrup / Hash Browns

Grab & Go - Apples / Bananas / Super Seed trail mix

Lunch

Chicken & Roast Vegetable Cous Cous salad / Feta & Roast
Vegetable Cous Cous salad / Chicken & Roast Vegetables w/
Brown rice (GF) / Roast Vegetables w/Brown (GF) / Roast
Vegetables w/Brown rice salad (V)(GFV) / Bananas / Apples /
Hedgehog slice / Jam tarts (GFV)

Dinner

Individual Roast Beef (GF) / Vegetable Croquettes (GF)(V)
(GFV) / Rice Pilaf (GFV) / Vegetable Medley (GFV) / Pepper
sauce / Tomato Concasse / White or Brown Hamburger roll /
Bread roll (GF)

Dessert

Mixed berries / Thickened cream / Waffle cones (S)(GF) /
Custard (GFV) / Fruit salad



MENU

Sunday, Day 9, 1/12

(S) Standard. (GF) Gluten Free, (V) Vegan, (GFV) Gluten Free Vegan

Breakfast

Instant oats / Nutrigrain / Weet Bix / Muesli (S)(GF) /
Multigrain cereal (GF) / Corn flakes (GF) / Fruit salad /
Flavoured yoghurt / Coconut Vanilla yoghurt / Greek yoghurt
Brown bread / White bread / Wholegrain bread / Sliced bread
(GF) / Strawberry jam / Marmalade / Vegemite / Butter / Honey
Instant coffee / Tea bags / Milo / Sugar / Full cream milk / Low
fat milk / Rice milk / Lactose free milk / Soy milk
Apple juice / Orange juice

Grab & Go - Apples / Bananas / Chocolate muffin wrapped (S)
(GF) / Apple Muffin (V)