





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<p>Fresh Fruits & Vegetable Platter Served with Organic Milk & Yoghurt</p>     				
LUNCH	 <p>COMING SOON</p> <p>Teriyaki Chicken Fried Rice Brown Rice, Chicken Thigh, Onion, Red Capsicum, Peas, Corn, Tamari, Spring Onion, Lime Juice, Garlic, Ginger, Chilli</p>	 <p>Cheesy Vegetable Lasagne Served with prepared vegetable sides Skim Milk, Tomato Puree, Zucchini, Pumpkin, Lasagne Sheets, Onion, Mozzarella Cheese, Carrot, Celery, Tomato Paste, Red Capsicum Strips, Plain Flour, Unsalted Butter, Potato Starch, Olive Oil, Garlic, Mixed Herbs, Bay Leaf, Whole Peppercorns</p>	 <p>Aussie Beef Burger Wholemeal Lunch Roll, Beef, Bread Crumbs, Tomato, Iceberg Lettuce, Beetroot, Onion, Carrot, Zucchini, Olive Oil Blend, Garlic, Garlic Powder, Paprika, Italian Mixed Herbs, White Pepper</p>	 <p>Spaghetti Bolognese Filtered Water, Tomato Crushed, Salt, Spaghetti, Beef, Onion, Carrot, Celery, Zucchini, Mushrooms, Tomato Paste, Potato Starch, Olive Oil, Balsamic Vinegar, Garlic, Italian Mixed Herbs, White Pepper</p>	 <p>Tuna, Cheese & Cucumber Sandwich Roast Chicken, Pumpkin Hummus & Spinach Sandwich</p>
AFTERNOON TEA	 <p>Spinach & Cheese Dip w/ Corn Crispbread Cream Cheese, Corn Crispbread, Rice Flour, Maize Polenta, Iodised Salt, Cheddar Cheese, Filtered Water, Onion, Spinach, Olive Oil, Curry Powder</p>	 <p>Italian Focaccia Wholemeal Flour, Plain Flour, Filtered Water, Mozzarella Cheese, Red Capsicum Strips, Olive Oil Blend, Kalamata Olives, Raw Sugar, Yeast, Bread Improver, Italian Mixed Herbs</p>	 <p>Cheddar Cheese & Rice Cakes Cheddar Cheese, Rice Cake</p>	 <p>Spinach & Fetta Rolls Filtered Water, Butter, Plain Flour, Wholemeal Flour, Onion, Spinach, Fetta, Mozzarella Cheese, Wholemeal Bread, Wheat Gluten, Vinegar, Vegetable Oil, Soy Flour, Cream Cheese, Sesame Seeds</p>	 <p>Apple & Blueberry Muffin (Egg free) Milk, Wholemeal Self Raising Flour, Olive Oil Blend, Blueberries, Baking Powder, Organic Vanilla Essence</p>