

winter residential weekly menu

week 1	mon	tue	wed	thu	fri	sat	sun
breakfast							
hot breakfast			pumpkin sour cream pancakes with wholemeal flour & maple syrup		breakfast barley cups with smashed berry compote		poached eggs grilled bacon thick cut grain toast
continental breakfast station	continental breakfast will include the following items: selection of breakfast cereals including natural muesli corn flakes sultana bran wheat bix rice bubbles whole fresh fruit & fruit salad breads for toasting including sourdough high fibre white bread grain & seed gluten free selection of spreads including vegemite honey & jams rice congee chicken tofu pickled vegetables shallots ripped nori & ginger hot beverages including tea & coffee 100% fruit juice & water						
morning tea	chicken noodle soup cups with focaccia strips	spinach & ricotta tart	lamb & vegetable pasties with kasoundi	corn cheese & chutney mini muffins	parmesan flatbread stacks	spinach & fetta gozleme	sao vegemite, tomato & tasty cheese slices
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
lunch option	grilled chicken burgers with chilli jam snow pea shoots & fresh lime	charred red onion with pork spek kalamata olives fresh torn basil lemon & chilli	korean beef with garlic soy onions basmati rice & toasted black & white sesame seeds	panko crumbed fish strips with chipotle corn salsa	beef leek & mushroom pies with star pastry tops		
range of breads	sour dough tortilla wraps wholemeal multigrain & white						
sandwich/ myo salad	shaved ham salami tuna or salmon hard boiled eggs cheddar cheese light cheese tomato lettuce baby spinach red onion carrot roasted capsicum & cucumber						
afternoon tea	greek shortbread biscuits	date & coconut energy balls	vanilla bean cake drizzled with passionfruit icing	matcha green tea cake	banana & cinnamon oatmeal pots	buckwheat raspberry muffins with cinnamon sugar crumb	mexican frittata with guacamole & lite sour cream

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dinner							
main course	chicken panko crum, pineapple sago sauce, ham & cheese	chargrilled steak with sicilian capponata (eggplant celery & capers)	pulled pork bbq pizza	chicken tikka masala with coriander dipping sauce & steamed basmati rice	grilled fresh fish with coriander gremolata & smashed roasted potatoes	garlic & rosemary studded roast chicken with pan gravy	farfalle pasta with bolognese sauce & shaved parmesan
vegetarian	sweet potato ricotta & broa beans bean galettes with olive oil garlic & parsley glaze	vegetarian taquitos with refried beans spiced taco sauce shredded cheese & crème fraiche	oven roasted pumpkin caramelised onion & goats cheese thicn crust pizza	bangkok coconut curry with broccoli chickpeas cabbage rice noodles ginger & fresh lime	cauliflower & chickpea fritters with caramelised onion jam	butternut pumpkin mac' n cheese	cannelloni with ricotta baby spinach tomato sugo & shaved parmesan
additional vegetables	rough sweet potato mashed potatoes garlic roasted corn parmesan roasted broccoli	twice baked potatoes bake steamed beans	balsamic roasted potato salad with green beans salad onion toasted pepitas & winter herbs	roasted new potatoes steamed basmati rice steamed winter vegetables	hand cut roasted semolina potatoes garden peas snow peas & bean trio	traditional roasted vegetable medley green beans with balsamic roasted cherry toamtoes & garlic pangratatto	potato roestis tomato & zucchini bake
the dessert station	winter red velvet sponge cake orange & cream cheese frosting with raspberry's	self-saucing chocolate & honeycomb pudding	Hot chocolate with marshmallows	pear & rhubarb oat & cinnamon crumble with vanilla bean custard	make your own sundaes vanilla ice-cream hot chocolate sauce wafers	whole baked apples with sultanas spice & brown sugar	vanilla ice-cream salted caramel sauce & wafers

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week 2	mon	tue	wed	thu	fri	sat	sun
breakfast							
hot breakfast			soft boiled eggs with dukkha & grain soldiers		japanese hotcakes with blueberries & natural yoghurt		breakfast fried rice with mushrooms light soy & egg omelette strips
continental breakfast station	continental breakfast will include the following items: selection of breakfast cereals including natural muesli corn flakes sultana bran wheat bix rice bubbles whole fresh fruit & fruit salad breads for toasting including sourdough high fibre white bread grain & seed gluten free selection of spreads including vegemite honey & jams rice congee chicken tofu pickled vegetables shallots ripped nori & ginger hot beverages including tea & coffee 100% fruit juice & water						
morning tea	Cumin and butternut pumpkin soup	shaved ham cheese & spinach filo puffs	the aussie sausage roll with big red sauce	spiced pear chia seed & honey muffins with streusel crumble top	cheddar & rosemary sconettes	shredded ham cheese & thyme flatbreads	pineapple, mint & tomato salsa with corn chips
lunch							
lunch option	mini greek gyros (lamb & beef) with garlic sauce & shredded lettuce	mushroom fettuccine with chives shaved parmesan & caramelised leeks	roasted winter root vegetable salad with carrots sweet potatoes chickpeas celeriac & balsamic vinegar dressing	asian style udon noddles with pork hoisin & mushrooms	thai fish cakes with nuoc cham dipping sauce & rice noodle stirfry		
range of breads	sour dough tortilla wraps wholemeal multigrain & white						
sandwich/ myo salad	shaved ham or salami tuna or salmon hard boiled eggs cheddar cheese light cheese tomato lettuce baby spinach red onion carrot roasted capsicum & cucumber						
afternoon tea	our own cup cakes with salted caramel icing	blueberry & lemon buttermilk loaf vanilla bean icing	sticky gingerbread loaf	seaweed sakatas with herbed yoghurt dip	lemon & coco nut sour cream cake with tart lemon frosting	dark chocolate chip muffins studded with winter pears	little apple cakes with vanilla bean icing

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week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	roasted lemon chicken thighs with greek roasted potatoes	corned silverside with parsley sauce & braised cabbage	lavash pizza wraps with tomato sugo shredded cheese shaved ham & olives	malaysian chicken curry with lime wedges & cucumber raita	pure angus beef burgers with beetroot relish & salad	mexican chicken strips roti bread wraps	beef lasagne with garlic baguettes
vegetarian	butternut pumpkin black bean & sage arancini cakes	vegetarian paella with chickpeas green beans peas peppers & fire roasted tomatoes	tofu & vegetable koftas with chilli yoghurt sauce	chickpeas & spinach with honey sweet potato yoghurt & coriander	zucchini & haloumi fritters with dill yoghurt sauce	sweet potato & lentil pastry pouches with tzatziki	roasted winter vegetable lasagne
additional vegetables	smashed sweet potato steamed carrots & garden peas with lemon butter	roasted winter spuds balsamic roasted brussel sprouts honey roasted pumpkin wedges	cabbage salad chilli mint & roasted sesame seeds charred butternut pumpkin with baby beets & crumbled feta	mashed potatoes wok tossed broccoli zucchini & corn with chilli & garlic	layered potato bake green dukkha beans sweet corn cobbettes	spicy salsa steamed brown rice guacamole shredded lettuce & diced tomato tortillas & tacos	hasselback potatoes baked parmesan zucchini strips
the dessert station	sticky date pudding with butterscotch sauce	portuguese tartlets dusted with snow sugar	Hot chocolate with marshmallows	poached rhubarb & blackberry granola crumble	make your own sundaes vanilla ice-cream hot chocolate sauce wafers	asian mango & coconut jelly pots	vanilla ice-cream salted caramel sauce banana & wafers

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week 3	mon	tue	wed	thu	fri	sat	sun
breakfast							
breakfast			dukka & feta fried eggs on grain toast		winter apple & pear pikelet stacks		the 'special' breakfast - fried eggs oven baked tomatoes lean bacon & wilted spinach
continental breakfast station	continental breakfast will include the following items: selection of breakfast cereals including natural muesli corn flakes sultana bran wheat bix rice bubbles whole fresh fruit & fruit salad breads for toasting including sourdough high fibre white bread grain & seed gluten free selection of spreads including vegemite honey & jams rice congee chicken tofu pickled vegetables shallots ripped nori & ginger hot beverages including tea & coffee 100% fruit juice & water						
morning tea	sweet potato & kidney bean chilli tortillas fresh tomato salsa shredded cheese & light sour cream	turkish pide with spiced lamb zaatar & fresh minted yoghurt	chicken soup for the soul - shredded poached chicken clear chicken broth winter vegetables pearl barley & sourdough bread	home made sausage rolls with big red sauce	corn & avocado fiesta salsa with torn flat bread	whole-wheat carrot cake muffins with tart lemon drizzle	sao vegemite, tomato & tasty cheese slices
lunch							
lunch option	grilled chicken souvlaki sticks with tahini & yoghurt dipping sauce	tagliatelle with slow braised beef ragu	oven roasted pumpkin sage & parmesan risotto	'tsukane' japanese chicken meatball sticks with sticky yakatori sauce shichimi spice & steamed rice	fried rice noodle box with egg omelette bean shoots shredded vegetables chicken & sticky soy		
range of breads	sour dough tortilla wraps wholemeal multigrain & white						
sandwich/ myo salad	shaved ham or salami tuna or salmon hard boiled eggs cheddar cheese light cheese tomato lettuce baby spinach red onion carrot roasted capsicum & cucumber						
afternoon tea	raspberry & choc chip cookies	trail mix bags with pretzels dried fruit & pepitas	banana apricot & date bars drizzled with white chocolate s	gingerbread spiced muffins	honey & banana bread	crumpets for toasting with honey	corn egg & spinach tarts with filo pastry

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week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	grilled chicken pieces with preserved lemons white wine & marjoram	mustard marmalade & honey glazed ham	mediterranean chicken pizza with roasted red peppers & crumbled feta	massaman lamb curry with chili palm sugar & lime	grilled fish fillets with tomatoes peppers white wine & olives	asian style udon noodles with pork hoisin & mushrooms	lamb ragu with pappardelle oregano thyme & tomato passata
vegetarian	potato rosemary & goats cheese wholemeal tart	lentil & vegetable winter cottage pie with cheddar crust	teriyaki tofu kebabs with mushrooms zucchinis & wok tossed rice	lebanese rice with lentils & toasted cauliflower	roasted sweet potato risotto green peas mascarpone shaved parmesan	vegetable chinese chow mein with bean sprouts tofu chinese cabbage oyster sauce & sesame seeds	spinach & ricotta cannelloni
additional vegetables	jacket potatoes stir fried green vegetables	crispy parmesan potatoes grilled corn on the cob peas with pancetta & mint	roasted winter root vegetable salad with carrots sweet potatoes chickpeas celeriac & balsamic vinegar dressing	steamed saffron rice wok tossed garden peas snow peas & sugar snaps	crispy parmesan potatoes steamed winter vegetables	garlic & parmesan roasted potatoes & cauliflower sautéed green beans mushrooms & soy	potato & tomato galettes sautéed broccoli & bok choy
the dessert station	maple vanilla baked apples with greek yoghurt	mandarin syrup cake with candied mandarin	lime & coconut cake with lime syrup	cinnamon spiced apricot & date loaf with cinnamon sugar	vanilla ice-cream cones our own berry sauce sprinkles	winter fruit christmas cake	vanilla ice cream cones chocolate & rainbow sprinkles

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week 4	mon	tue	wed	thu	fri	sat	sun
breakfast							
hot breakfast			eggs benedict with toasted english muffins & hollandaise sauce		berry crepes with smashed berry yoghurt		herb scrambled eggs toasted sesame bagels & crispy bacon
continental breakfast station	continental breakfast will include the following items: selection of breakfast cereals including natural muesli corn flakes sultana bran wheat bix rice bubbles whole fresh fruit & fruit salad breads for toasting including sourdough high fibre white bread grain & seed gluten free selection of spreads including vegemite honey & jams rice congee chicken tofu pickled vegetables shallots ripped nori & ginger hot beverages including tea & coffee 100% fruit juice & water						
morning tea	laksa bowl - soup kettle with laksa broth ready for you to create your own laksa - bean sprouts tofu strips shredded vegetables rice noodles spring onions coriander	monte cristo (ham & cheese french toastie)	steamed japanese gyozas with ponzu pot	spinach & ricotta calzone with kasoundi	pear & sultana scrolls with snow sugar	buttermilk scones with berry jam	pineapple, mint & tomato salsa with corn chips
lunch							
lunch option	chilli dogs with chilli sauce pickles & lite sour cream	mac 'n cheese	salt & pepper calamari with grapefruit lime & coriander dipping sauce & asian noodle salad	peking noodles with chicken strips fresh ginger chilli bean paste choy sum & dark soy	nacho boxes with shredded cheese guacamole salsa & light sour cream		
range of breads	sour dough tortilla wraps wholemeal multigrain & white						
sandwich/ myo salad	shaved ham or salami tuna or salmon hard boiled eggs cheddar cheese light cheese tomato lettuce baby spinach red onion carrot roasted capsicum & cucumber						
afternoon tea	salted caramel muffins with butterscotch frosting	chickpea falafels with tahini sauce	dark chocolate & beetroot cake with ganache	honey teacake studded with apples	raw bliss balls with dates dried apricots & coconut	fresh fruit & jelly cups with lemon mascarpone	watermelon pizza with fruit salsa & toasted shredded coconut

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week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	herb crusted chicken schnitzel with apple & kale salad	individual beef wellingtons with pan gravy & beetroot chutney	mediterranean lamb pizza capsicums feta oregano mint yoghurt	charred fish fillets with harissa yoghurt & fresh lemon	cajun chicken burger with avocado & coriander salsa	mexican fiesta beef with red peppers corn & coriander	traditional greek moussaka with fresh oregano
vegetarian	three cheese pumpkin pie with fried sage leaves	sweet potato stack with rosemary potatoes fresh lemon & basil	turkish pizza spinach lemon crumbled	vegetable tofu & noodle teriyaki stir-fry	roasted zucchini & eggplant curry with basmati chickpeas & chutney	pea & feta risotto with shaved parmesan & baby spinach leaves	free form ratatouille tart with eggplant tomato & zucchini s
vegetables	the following will be available to accompany the main course selection: steamed seasonal vegetables variety of steamed rice jasmine basmati wild long grain selection of cous cous quinoa polenta variety of potatoes - roasted smashed oven baked wedges						
additional vegetables	chargrilled thyme potatoes spicy corn kernels with peppers sautéed sweet potatoes with silverbeet	scalloped potatoes red cabbage sautéed with apple & cider honey & ginger glazed carrots	potato shallots bacon & light mayo garden salad tomato red onion cucumber & a vinaigrette dressing	potato roesti sweet corn cobettes with cracked black pepper	lemon roasted potatoes glazed pearl onions beans with caramelised onions	rough smashed potatoes sautéed silverbeet & broccoli hoisin glazed eggplant strips	twice baked potatoes ginger sesame bok choy roasted cauliflower & broccoli with lemon & garlic
the dessert station	flourless pear & berry cake with greek yoghurt	apricot & sultana rock wholemeal cakes	carrot & zucchini cake with vanilla bean icing	grapefruit & cardamom spiced cake with grapefruit zest crumble	strawberry ice-cream cones with roasted strawberry relish	lemon curd mousse cups with gingernut crumble	vanilla ice-cream with lime & palm sugar sauce