

WEEK 3						
Breakfast						
	Monday	Tuesday	Wednesday	Carabean Day	Friday	Saturday
Toast Bar	Wholegrain, Brown Soda, White Sliced & Granary Breads with a selection of Jams & preserves. Additional cereals and natural yogurt & toppings an					
Daily Special	Sausages	Hash brown	Omlettes	Hard boiled eggs	Pancakes	Sausages
Morning Break						
	Rice krispy cake	Assorted biscuits	Crackers & cheese	Cookies with cocolate chip	Mini biscuits	
Lunch						
Soup of the day	Soup of the day	Soup of the day	Soup of the day	Traditional Carabean soup	Soup of the day	
Lunch	Philly Steak Sambo, caramelised onion, mix peppers	Marinated Chicken breast served with boiled potato	Sherpherd's Pie	Jerk Chicken with sticky rice & steamed green beans	Chilli Beef with baked potatoes	Hot pot choice of Lamb or Vegetables
		Butternut squash & sweet potato baked				
Sides	Potato wedges	Roast vegetables	Steamed mix Vegetables		Coleslaw / Grated cheese	Steamed carrots
Big Bowl Salads	Choose from our 4 nutritious Salad options and 4 choice of nude options with dressing selection on side					
Dessert	Tiramisu	Oreo cheesecake	Jam Tart	Coconut & mango sponge	Chocolate mouse	Jam Donuts
Afternoon break						
Afternoon break	Fruit salad	Mini biscuits	Tea cakes	Mini cookies	Mini Gateaux	
Supper						
Supper	Beef or Vegetables Bolognese	Five Spice marinated Pork served with fried	Chicken curry slice or Vegie Curry slice	Singapore Noodles with Chicken or Vegetables	Loaded Fries with cheese, crispy bacon & scallion	Chicken caesar Wraps or Quorn
		Vegetable Five spice rice				
On the Side	Crispy garlic bread	Steamed Broccoli	Chips	Prawn crackers		Crispy wedges
Big Bowl Salads	Choose from our 4 nutritious Salad options and 4 choice of nude options with dressing selection on side					
Late Evening Cereals	A Selection of Cereals including Weetabix, Coco Pops, Rice Krispies, Corn Flakes, Gluten free cereal , breads & Hot Drinks selectio					















































