

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast	continental	continental	continental	continental	continental	brunch	brunch
lunch							
main 1	meatballs/spaghetti	ham /pineapple pizza	bacon/tomato penne pasta	hot beef rolls onions/gravy	fish burgers/tartare sauce	brunch	brunch
vegetarian	italian spaghetti	vegetarian pizza	basil/tomato pasta	falafel rolls	vegetarian burger	brunch	brunch
wrap/ roll	spicy beef roll	chicken roll	ham salad roll	mexican wrap	spicy egg roll	brunch	brunch
soup of the day	minestrone	vegetable	mushroom	tomato	vegetable	brunch	brunch
salads	salads 5	salads 5	salads 5	salads 5	salads 5	brunch	brunch
fresh fruit	piece of fresh fruit	piece of fresh fruit	piece of fresh fruit	piece of fresh fruit	piece of fresh fruit	brunch	brunch
dinner							
main 1	cajun chicken	lamb curry	roast beef	pork stir fry	cottage pie	crumbed goujons of fish	roast pork
main 2	baked hoki	beef schnitzel	chicken drums	beef lasagne	stir fry beef	devilled sausages	beef curry
vegetarian	tomato/basil fettucine	tofu and feta tart	vegetable fried rice	vegetable lasagne	roasted vegetable tomato salas	chickpea curry	baked pumpkin/kumara pie
potato	parsley	gourmet	roast	scaloped potatoes	baked	french fries	roast
rice	steamed rice	steamed rice	steamed rice	steamed rice	steamed rice	steamed rice	steamed rice
vegetables	baby carrots/peas	savoury cabbage/corn	cauliflower/green beans	broccoli/pumpkin	glazed carrots/ peas	minted peas/mixed vegetables	baked pumpkin/kumara
salads	salads 3	salads 3	salads 3	salads 3	salads 3	salads 3	salads 3
dessert	lemon sponge cake	jellyfruit	apple crumble ice cream	bread /butter pudding	chocolate mousse	fruit salad ice cream	steamed pudding sauce

† denotes "Wellbeing, its vital" option