

SAMPLE MENU

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	Selection of Cereals, Yoghurt, Fresh Fruit, Compotes, Juices, Bakery Items and Hot Beverages						
		Scrambled & Boiled	Scrambled & Poached	Scrambled & Boiled	Scrambled & Fried	Scrambled & Boiled	Continental breakfast open until 10:30am	Scrambled & Boiled
	Crispy bacon & selection of eggs w/ beans, hash browns, tomatoes & Chef's choice daily	Crispy bacon & selection of eggs w/ beans, hash browns, tomatoes & Chef's choice daily	Crispy bacon & selection of eggs w/ beans, hash browns, tomatoes & Chef's choice daily	Crispy bacon & selection of eggs w/ beans, hash browns, tomatoes & Chef's choice daily	Crispy bacon & selection of eggs w/ beans, hash browns, tomatoes & Chef's choice daily	Crispy bacon & selection of eggs w/ beans, hash browns, tomatoes & Chef's choice daily		BRUNCH – Crispy bacon & selection of eggs w/ beans, hash browns, tomatoes & Chef's choice. Chicken nuggets, sausages and Eggs Benedict. Selection of pastries and continental options. DIY Pizza after 12pm.
MORNING TEA	Selection of light options, Fruit & Yoghurt	Selection of light options, Fruit & Yoghurt	Selection of light options, Fruit & Yoghurt	Selection of light options, Fruit & Yoghurt	Selection of light options, Fruit & Yoghurt	Selection of light options, Fruit & Yoghurt	Selection of light options, Fruit & Yoghurt	
LUNCH	SALADS	Buffet selection of 3 salads with sandwich bar and fruit	Buffet selection of 3 salads with sandwich bar and fruit	Buffet selection of 3 salads with sandwich bar and fruit	Buffet selection of 3 salads with sandwich bar and fruit	Buffet selection of 3 salads with sandwich bar and fruit	Buffet selection of 3 salads with sandwich bar and fruit	Buffet selection of 3 salads with sandwich bar and fruit
	SOUP	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	WOK	Rice	Egg noodle	Vegetables	Hokkien noodle	Flat rice noodle	Thin rice noodle	BRUNCH
	MAIN	Grilled Chicken, Brown Rice & Selection of Open Melts	Sweet & Sour Chicken w/ fried rice & spring rolls	Sandwich Bar w/ assortment of breads and condiments	Indian Curry & Tandoori w/ flat breads, rice & condiments	Fish and Chip Friday: Grilled Fish, Salt & Pepper Squid & Chilli Mussels w/ tartare sauce & chunky fries	Mexican w/ chicken fajita, beef tacos and Mexican condiments	BRUNCH
	VEGETARIAN	Open Melts	Sweet & Sour Tofu	Sandwich Bar w/ assortment of breads and condiments	Vegetarian Indian curry w/ condiments	Vegetarian Turkish Melts	Vegetarian Burritos and Tacos	BRUNCH
DINNER	MAIN OPT. 1	Barramundi w/ ginger & soy	Pasta Bar	Roasted Pork Belly	TRC Fried Chicken	Braised Steak	Beef & Broccoli Stir Fry	Roast Beef
	MAIN OPT. 2	Lamb Shepherd's Pie	Pasta Bar	Crumbed Chicken Breast w/ mushroom sauce	Beef & Bacon Pie	Char Sui Pork	BBQ Chicken Thigh	Chicken Maryland
	PASTA	Baked Mac & Cheese	Spaghetti	Pasta w/ roast pumpkin, baby spinach & fetta	Penne w/ chicken & bacon	Pasta w/ herbs	Penne w/ Mediterranean vegetables	Bow Tie Pasta w/ pesto & tomato
	VEGETARIAN	Vegetarian Calzone	Vegetarian Lasagne	Warm Pumpkin & Chickpea Salad	Falafel Balls w/ couscous & yoghurt	Stuffed mixed vegetables	Spinach & Ricotta Cannelloni	Brown Rice Stuffed Tomatoes
	RICE	Jasmine Rice	Garlic Bread	Jasmine Rice	Rice Pilaf	Coconut Rice	Coconut Rice	Brown Rice
	POTATO	Steamed Chats	Potato Bake	Mashed Potato	Chips & Boiled Chats	Baked	Cajun-Spiced Potatoes	Roast Wedges
	VEG OPT. 1	Mixed Steamed Asian Greens	Mixed Vegetable Medley	Roasted Zucchini w/ lemon & garlic	Mixed Roast Vegetables	Mixed Greens	Steamed Vegetable Medley	Roast Pumpkin
	VEG OPT. 2	Carrot & Broccoli Medley	Peas & Corn	Honey Carrots	Steamed Vegetable Medley	Honey Carrots	Corn Cobs	Green Beans
	DESSERT	Ice cream bar w/ fruit salad & flavoured toppings	Passionfruit Cheesecake	Apple Tea Cake	Self-Saucing Chocolate Pudding	Ice cream bar w/ fruit salad & flavoured toppings	Sponge Cake w/ lemon icing	Apricot Crumble