



ORGANIC AUTUMN MENU 1

4th Mar - 30 Mar, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SALAD BAR
MORNING TEA Special meal Egg-free Dairy-free Vegetarian Gluten Free	Seasonal Fresh Fruit Slices - including diced bananas, melons, apples, pears, oranges and berries, served with a side of Barambah Organic Yoghurt and dried fruit Seasonal Fresh Fruit Salad Cups - including diced bananas, melons, apples, pears, oranges and berries, served with a side of barambah organic yoghurt and dried fruit <u>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</u>	Delicious Appleberry Jelly made with Organic Apple and Raspberry Juice, and Diced Strawberries, served with Banana and Rockmelon slices and Organic Rice Cakes Delicious Appleberry Jelly made with Organic Apple and Raspberry Juice, and Diced Strawberries, served with Banana and Rockmelon slices and Organic Rice Cakes <u>(1 Protein, 2 Fruit, 1 Dairy)</u>	Organic Raspberry Flaxseed Crepes made with Organic Spelt flour, organic eggs, barambah organic milk, raspberries, flaxseed meal and served with a berry jam and Raw Honey Dairy free Organic Raspberry Crepes made with Gluten free flour, egg substitute, Organic Rice Milk & Raspberries served with Berry jam and Raw Honey <u>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</u>	Organic Raisin Toast and Seasonal Fresh Fruit Selection- including yummy bananas, melons, apples, pears, grapes, oranges, kiwifruit and berries, served with Golden Harvest Organic Raisin Toast Organic Raisin Toast and Seasonal Fresh Fruit Selection- including yummy bananas, melons, apples, pears, grapes, oranges, kiwifruit and berries, served with Gluten Free Organic Raisin Toast <u>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</u>	Fruity Youghurt and Crunchy Granola Cups including diced bananas, melons, apples, pears, oranges and berries, served with a side of Barambah Organic Yoghurt topped with Crunchy Granola Fruity Custard Cups with Crunchy Granola - yummy fruit slices layered with dairy free custard and topped with and Crunchy Gluten Free Granola <u>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</u>	Organic Lettuce Organic Cheese Cubes Cucumber Ribbons Carrot Sticks Green Olives Organic Chickpeas Grated Carrot Capsicum Sticks Fresh Beetroot
LUNCH Special meal Egg-free Dairy-free Vegetarian Gluten Free	Fresh Baby Brown Rice and Quinoa Sushi Rolls - Organic Brown Rice and Quinoa sushi filled with Julienned Vegetables and sliced Free Range Chicken or Sustainably caught Tuna served with homemade Organic Japanese Style Dipping Sauces <i>Served with a Delicious Salad Bar</i> Brown Rice and Quinoa Sushi Rolls - Organic Brown Rice and Quinoa filled with Julienned Vegetables and Tofu served with homemade Organic Japanese Style Dipping Sauces <u>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</u>	Delicious Turkey Meatballs and Rainbow Fried Rice - Traditionally made Turkey Meatballs with Organic Sweet Potato, Zucchini, Onion, Garlic, Quinoa, and Organic Flaxseed Meal, slowly cooked served over a bed of Biodynamic Rainbow Brown Rice with Organic Carrot, Corn Kernal, Red Capsicum, Fresh Tumeric, Coriander and Thyme <i>Served with a Delicious Salad Bar</i> Delicious Turkey Meatballs and Rainbow Fried Rice - Traditionally made Turkey Meatballs with Organic Sweet Potato, Zucchini, Onion, Garlic, Quinoa, and Organic Flaxseed Meal, slowly cooked served over a bed of Biodynamic Rainbow Brown Rice with Organic Carrot, Corn Kernal, Red Capsicum, Fresh Tumeric, Coriander and Thyme <u>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</u>	Organic Asian Veggie and Tofu Singapore Noodle Salad - Finely diced Organic capsicum, cabbage, spinach, carrot, zucchini, organic mung-bean sprouts, free-range eggs, Organic Tofu, garlic and ginger, tossed with Singapore noodles, sesames and braggs amino sauce <i>Served with a Delicious Salad Bar</i> Organic Asian Veggie and Tofu Singapore Noodle Salad - Finely diced Organic capsicum, cabbage, spinach, carrot, zucchini, organic mung-bean sprouts, free-range eggs, Organic Tofu, garlic and ginger, tossed with Singapore noodles, Sesames and braggs amino sauce <u>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</u>	Yummy Beef, Lentil & Spinach Shepherd's Pie - Free-range, hormone-free beef, organic brown lentils, roasted eggplant, sweet potato, carrot, zucchini, onion, tomatoes, spinach and garlic cooked to perfection, layered with Organic Mashed Potato and topped with Barambah Organic Cheese <i>Served with a Delicious Salad Bar</i> Delicious Lentil & Spinach Shepherd's Pie - Organic brown lentils and Chickpeas, roasted eggplant, sweet potato, carrot, zucchini, onion, tomatoes, spinach and garlic cooked to perfection, layered with Organic Mashed Potato and topped with Coconut Biocheese <u>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</u>	Delicious Mediterranean 'Under the Sea' Pizza - Sustainably caught Tuna, Organic veggie slivers, Pineapple and olives, served over an organic homemade '8' veggie pizza sauce, layered over a Crispy Pita Crust and topped with Barambah Organic Cheese <i>Served with a Delicious Salad Bar</i> Delicious Mediterranean Under the Sea Pizza - Organic veggie slivers, Pineapple and olives, served over an organic homemade '8' veggie pizza sauce, layered over a Crispy Gluten Free Pizza <u>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</u>	Snow Peas Fresh Carrot Spiral Carrot Cubes Diced Pineapple Organic Baby Peas Sweet Corn Celery Sticks Fresh Cottage Cheese
AFTERNOON TEA Special meal Egg-free Dairy-free Vegetarian Gluten Free	Amazing Organic Carrot & Sunflower Cake - Organic carrots, Organic Spelt flour, Organic Eggs, Coconut, Raw Honey, Sunflower and Sesame Seeds and Olive Oil, served with seasonal fruit slices <i>Served with a Delicious Salad Bar</i> Amazing Organic Carrot Cake - Organic carrots, Gluten Free Flour, egg substitute, Coconut, Raw Honey, Sunflower and Sesame Seeds, served with seasonal fruit slices <u>(1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)</u>	Raw Choc, Fig, Date and Seed Bars - Ground Organic Oats & flaxseeds, Raw honey, Raw Cocoa, Dates, Figs, Organic Coconut Oil, Sunflower and Pumpkin Seeds, Coconut flakes served with tropical fruit slices <i>Served with a Delicious Salad Bar</i> Organic Raw Choc Fig Date and Seed Bars - Ground Organic Oats & flaxseeds, Raw honey, Raw Cocoa, Dates, Figs, Organic Coconut Oil, Sunflower and Pumpkin Seeds, Coconut flakes served with tropical fruit slices <u>(1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)</u>	'Pumpkincredible' Hummus with Homemade Pita Crispies - Wholemeal Pita Crisps cooked to perfection served with Roast Pumpkin and White Bean Hommus and a Organic Cheese Cubes <i>Served with a Delicious Salad Bar</i> Homemade Pita Crispies with Tumeric Hommus - Wholemeal Gluten Free Pita Crisps cooked to perfection served with Tumeric and Garlic White Bean Hommus <u>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</u>	Wholesome Apple, Cinnamon and Oatmeal Muffins made with Organic Spelt flour, Organic Cinnamon and Apple, Oatmeal, Free-range eggs, Organic Coconut Oil and Raw Honey <i>Served with a Delicious Salad Bar</i> Wholesome Apple, Cinnamon and Gluten Free Muffins made with Organic Gluten Free flour, Organic Cinnamon and Apple, Free-range eggs, Organic Coconut Oil and Raw Honey <u>(1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)</u>	Date, Chia, Cranberry and Choc Chip Bikkies made with Organic Wholemeal Spelt Flour, Coconut Oil, Raw Honey, Organic Dates, Chia Seeds, Cranberries and Organic Eggs, served with selection of fresh fruit <i>Served with a Delicious Salad Bar</i> Date, Chia, Cranberry and Choc Chip Bikkies made with Organic Gluten Free Flour, Coconut Oil, Raw Honey, Organic Dates, Chia Seeds, Cranberries and Bananas, served with selection of fresh fruit <u>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</u>	Cucumber Slices Beetroot Cubes Diced Avocado Baby Tomatoes Sliced Beets
LATE SNACK	Vitality Gluten Free Banana Bread - served with Raw Honey and Banana Slices <u>(1 Grain, 1 Fruit)</u>	Homemade Popcorn and Fresh Fruit Selection - including yummy bananas, melons, apples, pears, oranges and berries <u>(1 Grain, 1 Fruit)</u>	Variety of Fresh Fruit Slices and Veggie Sticks , including Apples, Melons, Bananas, Grapes, Carrots, Cucumber, Celery, Capsicum and Organic Corn Cakes <u>(1 Grain, 1 Fruit)</u>	Homemade Popcorn and Fresh Fruit Selection - including yummy bananas, melons, apples, pears, oranges and berries <u>(1 Grain, 1 Fruit)</u>	Delicious Organic Golden Harvest Sandwich Bites with a variety of spreads and fruits <u>(1 Grain, 1 Fruit)</u>	Asparagus Spears Boiled Egg Slice and much more.. Diced Mango
TOTAL MACRO NUTRIENTS						

