



# ORGANIC SPRING MENU 2

30th September - 1st November, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SALAD BAR
<b>MORNING TEA</b> Special meal Egg-free Dairy-free Vegetarian Gluten Free	<b>Raspberry, Vanilla Yoghurt and Crumble</b> made with delicious Barambah Organic Yoghurt, Raspberries, Vanilla Paste and Raw honey, served with seasonal fresh fruit slices and an Organic Rice Cake Crumble  Raspberry, Vanilla Custard and Crumble made with delicious Organ Dairy Free Custard, raspberries, Vanilla Paste and Raw honey, served with seasonal fresh fruit slices and Organic Rice Cake Crumble  <u>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</u>	<b>Organic Spelt, Carrot, Orange and Sunflower Seed Cake</b> made with Organic Wholemeal Spelt flour, Oat bran, Juicy carrots and oranges, Organic Sunflower Seeds, Free Range Eggs, Barambah Organic Milk and Raw Honey  Organic Spelt, Carrot, Orange and Sunflower Seed Cake made with Organic Wholemeal Gluten free flour, Organ No Egg, Juicy carrots and oranges, Organic Sunflower Seeds, Organic Rice Milk and Raw Honey  <u>1 Protein, 2 Fruit, 1 Dairy)</u>	<b>Seasonal Fresh Fruit Kebabs and Organic Raisan Toast</b> - including yummy bananas, melons, apples, pears, oranges and berries, little squares of fruit toast, served on a skewer and drizzled with Organic Cocoa Sauce  Seasonal Fresh Fruit Kebabs - including yummy bananas, melons, apples, pears, oranges and berries, served on a skewer and drizzled with Organic Cocoa Sauce  <u>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</u>	<b>Homemade Beans on Sourdough Turkish</b> made with Organic Cannellini beans, organic carrot, capsicum, zucchini, onions, tomatoes, spinach and garlic sauteed to perfection and served on toasted Organic Sourdough Toast Fingers  Homemade Beans on Gluten Free Toast made with Organic Cannellini beans, organic carrot, capsicum, zucchini, onions, tomatoes, spinach and garlic sauteed to perfection and served on toasted Organic Gluten Free Toast Fingers  <u>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</u>	<b>Delicious Berry Jelly Cups and Seedy Granola</b> made with Organic Apple and Raspberry Juice, Diced Strawberries and a seedy oat granola, served with Banana and Rockmelon slices and Barambah Organic Yoghurt  Delicious Berry Jelly Cups made with Organic Apple and Raspberry Juice, and Diced Strawberries, served with Banana and Rockmelon slices and Organic Rice Cakes  <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
<b>LUNCH</b> Special meal Egg-free Dairy-free Vegetarian Gluten Free	<b>Nourishing Beef, Lentil and Spinach Bolognese</b> - Organic red lentils, free-range, hormone-free beef, roasted eggplant, sweet potato, carrot, zucchini, onion, tomatoes, spinach and garlic cooked to perfection, layered over Organic Gluten Free Penne and a sprinkle of Barambah Organic Cheese  <i>Served with a Delicious Salad Bar</i>  Organic Roasted Vegetable Bolognese - Organic red lentils, roasted eggplant, sweet potato, carrot, zucchini, onion, tomatoes and garlic cooked to perfection and layered over gluten-free penne  <u>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</u>	<b>Nourishing Ahi Poke Bowl</b> - Organic Brown Rice and Quinoa topped with Sustainable Tuna, or Free Range Chicken, Edamame Beans, Avocado, Julienned Vegetables, served with homemade Organic Japanese Style Dipping Sauces  <i>Served with a Delicious Salad Bar</i>  Deconstructed Sushi Rice and Quinoa Bowl - Organic Brown Rice and Quinoa topped with Julienned Vegetables and Tofu served with homemade Organic Japanese Style Dipping Sauces  <u>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</u>	<b>Crispy Organic Chicken Nibbles and Roast Vegies</b> - Crispy free range chicken pieces covered in rice and coconut crumbs and served over Organic Roast Vegies with Sweet Potato, Potato, Carrot, Zucchini, Pumpkin, Organic Peas, Homemade Herb & Veggie Gravy and Garlic  <i>Served with a Delicious Salad Bar</i>  Crispy Organic Tofu Nibbles and Vegie Mash - Crispy tofu pieces covered in rice and coconut crumbs and served over Organic Roast Vegies with Sweet Potato, Potato, Carrot, Zucchini, Pumpkin, Organic Peas, Homemade Herb & Veggie Gravy and Garlic  <u>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</u>	<b>Very Vegie Mexi Nachos</b> - Organic red lentils, free-range, hormone-free beef, roasted eggplant, sweet potato, carrot, zucchini, onion, tomatoes, spinach and garlic cooked to perfection, served in super crispy corn taco shells, dollops of Guacamole and topped with delicious Barambah Organic Cheese  <i>Served with a Delicious Salad Bar</i>  Nourishing Vegie Mexi Tacos - Organic red lentils, roasted eggplant, sweet potato, carrot, zucchini, onion, tomatoes, spinach and garlic cooked to perfection, served in super crispy corn taco shells, and topped with dollops of Guacamole  <u>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</u>	<b>Ahoy There' Salmon, Avocado and Vegie Grills</b> - Organic Golden Hearth Wholemeal Bread topped with sustainably caught pink salmon, avocado, homemade pesto, diced organic carrot, zucchini, capsicum, cauliflower, sweet potato, baby spinach and delicious egg mayonnaise  <i>Served with a Delicious Salad Bar</i>  Scrumptious Tuna, Avocado and Vegie Grills - Organic Gluten-free bread topped with sustainably caught salmon, avocado, homemade pesto, diced organic carrot, zucchini, capsicum, cauliflower, sweet potato and homemde hummus  <u>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</u>	Snow Peas Fresh Carrot Spiral Carrot Cubes Diced Pineapple Organic Chickpeas Sweet Corn Celery Sticks  Fresh Cottage Cheese  Snap Peas Green Beans Baby Spinach Fetta Cheese Cube Aduki Beans
<b>AFTERNOON TEA</b> Special meal Egg-free Dairy-free Vegetarian Gluten Free	<b>Blueberry, Coconut and Quinoa Muffins</b> made with Organic wholemeal spelt flour, oat bran, Blueberries, Coconut, Quinoa, Organic eggs, organic rice milk and raw honey served with a selection of fresh fruit slices  Blueberry, Coconut and Quinoa Muffins made with Organic wholemeal gluten free flour, Blueberries, Coconut, Quinoa, Orgran No Egg, organic rice milk and raw honey served with a selection of fresh fruit slices  <u>(1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)</u>	<b>Wholemeal Pita Crispies with a Homemade Beetroot Dip</b> , Organic Carrot & Celery sticks, and a selection of Seasonal Fresh fruit slices including orange, apple, grapes, strawberries and melon  Wholemeal Gluten-free crackers with Cannellini Bean Hommus, Organic Carrot & Celery sticks, and a selection of Seasonal Fresh fruit slices including orange, apple, grapes, strawberries and melon  <u>(1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)</u>	<b>Organic Zucchini &amp; Creamed Corn Savory Puffs</b> - made with Organic Spelt Flour, Free Range Eggs, Grated Zucchini, Creamed Corn and served with a selection of Seasonal Fresh fruit slices  Organic Zucchini & Creamed Corn Savory Puffs - made with Organic Gluten Free flour, Orgran No Egg, Grated Zucchini, Creamed Corn and served with a selection of Seasonal Fresh fruit slices  <u>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</u>	<b>Homemade Popcorn and Fresh Fruit Selection</b> - including yummy bananas, melons, apples, pears, oranges and berries, served with a side of barambah organic cheese cubes, dried fruit and crunchy seeds  Homemade Popcorn and Fresh Fruit Selection - including yummy bananas, melon, apple, pears, oranges and berries, served with a side of dried fruit and crunchy seeds  <u>(1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)</u>	<b>Awesomely Terrific Cocoa Bombs</b> made with Organic Coconut Butter, Raw Cocoa, Raw Honey, Organic Chia, Sesame, Sunflower and Pumpkin Seeds, Saltanas and Puffed Rice, Yum! Served with a selection of fresh fruit slices  Awesomely Terrific Cocoa Bombs made with Organic Coconut Butter, Raw Cocoa, Raw Honey, Organic Chia, Sesame, Sunflower and Pumpkin Seeds, Saltanas and Puffed Rice, Yum! Served with a selection of fresh fruit slices  <u>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</u>	Cucumber Slices Beetroot Cubes Diced Avocado Baby Tomatoes Sliced Beets  Asparagus Spears Boiled Egg Slice and much more.. Diced Mango
<b>LATE SNACK</b>	<b>Variety of Fresh Fruit Slices and Vegie Sticks</b> , including Apples, Melons, Bananas, Grapes, Carrots, Cucumber, Celery, Capsicum and Organic Corn Thins  <u>(1 Grain, 1 Fruit)</u>	<b>Homemade Popcorn and a Variety of Fresh Fruit Slices and Vegie Sticks</b> , including Apples, Melons, Bananas, Grapes, Carrots, Cucumber, Celery and Capsicum  <u>(1 Grain, 1 Fruit)</u>	<b>Delicious 'Make My Own' Banana Split</b> made with Fresh Bananas, Barambah Organic Yoghurt, Coconut chips and Raw Honey  <u>(1 Grain, 1 Fruit)</u>	<b>Variety of Fresh Fruit Slices and Vegie Sticks</b> , including Apples, Melons, Bananas, Grapes, Carrots, Cucumber, Celery, Capsicum and Organic Corn Thins  <u>(1 Grain, 1 Fruit)</u>	<b>Organic Corn and Rice Crackers with a Variety of Fresh Fruit Slices and Vegie Sticks</b> , including Apples, Melons, Bananas, Grapes, Carrots, Cucumber, Celery, Capsicum  <u>(1 Grain, 1 Fruit)</u>	
<b>TOTAL MACRO NUTRIENTS</b>	4 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	4 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	4 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	4 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	5 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	