


week three	monday	tuesday	wellbeing wednesday	thursday	friday	saturday	sunday
breakfast	Cereals, Breads & Spreads	Cereals, Breads & Spreads	Cereals, Breads & Spreads	Cereals, Breads & Spreads	Cereals, Breads & Spreads	Cereals, Breads & Spreads	Cereals, Breads & Spreads
Hot options	Baked Beans & Spaghetti	Baked Beans & Scrambled Eggs	Baked Beans & Spaghetti	Baked Beans & Scrambled Eggs	Baked Beans & Fried Potatoes	Bacon & Egg Muffins	Brunch
	Fresh Fruit 	Fresh Fruit 	Fresh Fruit 	Fresh Fruit 	Fresh Fruit 	Fresh Fruit 	Fresh Fruit 
lunch							
main	Italian Meatballs with Steamed Rice	Macaroni Cheese	Mexican Beef & Bean Tortillas 	Pizza with Ham, Cheese & Tomato	Sausage Roll with Potato Wedges	Mediterranean Tuna Pasta 	Brunch Selection
vegetarian	Daily Vegetarian Option 	Daily Vegetarian Option 	Daily Vegetarian Option 	Daily Vegetarian Option 	Daily Vegetarian Option 	Daily Vegetarian Option 	Daily Vegetarian Option 
salads	Salad Bar Selection 	Salad Bar Selection 	Salad Bar Selection 	Salad Bar Selection 	Salad Bar Selection 	Salad Bar Selection 	Salad Bar Selection 
fresh fruit	Selection of Fresh Fruits 	Selection of Fresh Fruits 	Selection of Fresh Fruits 	Selection of Fresh Fruits 	Selection of Fresh Fruits 	Selection of Fresh Fruits 	Selection of Fresh Fruits 
dinner							
main	Stir Fry Pork with Asian Vegetables 	Corned Beef with Mustard Sauce	Steamed Hoki with Tomato & Herb Crust 	Butter Chicken	Chef's Selection	Beef Goulash with Sour Cream	Roast Beef & Onion Gravy
vegetarian	Daily Vegetarian Option	Daily Vegetarian Option	Daily Vegetarian Option	Daily Vegetarian Option	Daily Vegetarian Option	Daily Vegetarian Option	Daily Vegetarian Option
potato / starch	Egg Noodles 	Mashed Potato	Scallop Potatoes	Steamed Rice 	Roast Potatoes	Steamed Rice 	Gourmet Potatoes
vegetables	Selection of 3 Seasonal Vegetables 	Selection of 3 Seasonal Vegetables 	Selection of 3 Seasonal Vegetables 	Selection of 3 Seasonal Vegetables 	Selection of 3 Seasonal Vegetables 	Selection of 3 Seasonal Vegetables 	Selection of 3 Seasonal Vegetables 
dessert	Freshly Made Dessert of the Day	Freshly Made Dessert of the Day	Freshly Made Dessert of the Day	Freshly Made Dessert of the Day	Freshly Made Dessert of the Day	Freshly Made Dessert of the Day	Freshly Made Dessert of the Day

 denotes "Wellbeing, it's vital" option