

Day	Breakfast	Morning	Lunch	Afternoon	Dinner	Supper
Monday	Continental A selection of; Toast, cereals, fruit, yoghurts, baked beans, spaghetti, porridge, toasted sandwiches and wraps. Milo, tea, juices.	A selection of; Cheese/crackers, banana bread, cookies, dried fruit and nut packs, muesli bars, popcorn, apricot bites, pretzels, grain waves, rice snacks.	MYO sandwiches and wraps. Large variety of fresh salad and meat options. Packaged meals from dinner leftovers.	Fruit platter. Hot roast meat and gravy rolls.	Lasagne. Fresh garden salad. Garlic bread.	Fresh fruit salad. Yoghurt or cream.
Tuesday	Continental	As above	As above	Ham and cheese croissants. Assortment of fruits.	Lamb Rogan Josh Curry. Sweet and sour chicken. Steamed rice. Chicken Laksa noodle soup.	Sugar free Jelly Cups. Assorted flavours.
Wednesday	Continental	As above	As above	Banana smoothies Fruit.	Beef Rissoles - Mashed potato, corn cobs, steamed carrots, broccolini, savoury cabbage and gravy. Dinner rolls	Milk and Biscuits.
Thursday	Continental	As above	As above	Fruit platter. Bacon and egg muffins	Stir fry Mongolian chicken with vegetables and noodles. Spaghetti carbonara. Thai beef salad.	Cheese platter with dried fruits, vegetable sticks and hummus dip.
Friday	Continental	As above	As above	Home made sausage rolls and mini quiches. Milk	MYO Mexican nachos, tacos and burritos - Chicken and beef served with a selection of fresh salad toppings and condiments.	Selection of nourish ice creams to choose from.
Saturday	Continental	Students Cater for own food. (Shopping Excursion)	MYO sandwiches and wraps. Fish and chips.	Sugarless chocolate brownie.	BBQ night. Selected meats eg, steak, sausages, satay chicken skewers, kangaroo. - Potato salad, pasta salad, garden salad, hotdog rolls.	Smores. Melted chocolate biscuits and marshmallows around the campfire.
Sunday	Continental	Snacks Provided	MYO sandwiches and wraps. Leftover BBQ meats and salads. Mini hamburger sliders.	Pancakes with banana, strawberries and fresh seasonal fruits, jam and honey	Roast pork with crackle. Roasted potatoes and carrots, cauliflower cheese bake, steamed broccoli and corn kernels, gravy. Pumpkin soup and Dinner Rolls.	Apple crumble with cream or custard.