



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Boiled eggs and soldiers served with vegetable sticks	Mango, coconut, oat, and tumeric smoothie served with avocado toast	Greek yoghurt served with rice puffs, chia seeds, coconut flakes, and fresh berries	Cottage cheese and olive muffins served with fruit	Breakfast bananas with cocoa sauce, coconut, puffed quinoa, and chia seeds
LUNCH	'Arnaki sto fourno' Greek style roast lamb with rice, greek salad, and greek yoghurt	'Spanakorizo' Spinach risotto with lentils, quinoa, and feta	Traditional extra saucy spaghetti bolognese	Chicken stir fry with zucchini, peas, and corn served with egg noodles	'Kokkinisto mosharaki' Greek style braised beef with eggplant in tomato sauce served with rice
AFTERNOON TEA	'Tiropita' Traditional crustless cheese pie with yoghurt, feta, and herbs served with fruit	Pea and mushroom potato curry puffs with minted yoghurt served with fruit	Apricot, fig, and mix seed fruit loaf served with vegetable sticks	'The 5c's' Cheese, carrots, cucumbers, capsicums & crackers	Yoghurt bread balls with olives, kefalotiri, and sundried tomato served with fruit