



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING TEA

Tomato and feta scrambled eggs served with toast fingers and fresh fruit

Banana and coconut muffins served with seasonal fruit

Sourdough bruchetta with avocado, feta, and cherry tomatoes

Orange chia seed pudding with fresh melon, honey, and shredded coconut

Greek yoghurt served with crunchy seeded granola, coconut flakes, chia seeds, and fresh mango

LUNCH

Curry beef with carrots, capsicum, and peas served with pearl cous cous

Beef chili con carne with mushrooms and red kidney beans served with brown rice

Crumbed fish fingers with roasted vegetables served with greek salad

Mongolian beef stir fry with capsicum and mushroom served with brown rice

'Fakorizo'
Lentil and quinoa risotto with sweet potatoes and balsamic glazed onions

AFTERNOON TEA

Carrot, ginger, and date raw balls served with vegetable sticks

Spiced red lentil and bulghur kofte (balls) served with minted yoghurt and fresh fruit

Banana and ricotta pancakes served with chia berry jam

Greek quesadillas with tomato, feta, olives, and parsley served with fresh fruit

Mini mushroom, cheese, and pineapple pizzas on wholemeal muffins served with fresh fruit