



# Suggested Leaders Menu – Week 1

		Thursday 3 <sup>rd</sup>	Friday 4 <sup>th</sup>	Saturday 5 <sup>th</sup>	Sunday 6 <sup>th</sup>	Monday 7 <sup>th</sup>	Tuesday 8 <sup>th</sup>	Wednesday 9 <sup>th</sup>
Breakfast	Hot options		Scrambled Eggs, Bacon	Breakfast Spaghetti, Sausage,	Fried eggs, Bacon,	Baked Beans, Sausage,	Scambled Eggs, Bacon,	Breakfast Spaghetti, Sausage,
	Daily item		Hash browns	Buttered mushrooms	Grilled Tomatoes	Fried Potatoes	Pancakes	Hash Browns
Morning tea			Fruit Bowl and juice Carrot cake	Fruit bowl and juice Mini pastries	Fruit bowl and juice Banana cake	Fruit bowl and juice Mini muffins	Fruit bowl and juice Orange Cake	Fruit bowl and juice Mini pastries
Lunch	Daily Sandwich	Assorted sandwiches	MYO Wraps	MYO Sandwiches	MYO rolls	MYO baguette	MYO Pittas	MYO Sandwiches
	Hot item	Beef Pies	American hot dogs	Sausage rolls	Spinach, Ricotta triangles	Chicken wings	Assorted quiche	Samosas
	Vegetarian option	Vegetable Pies	Falafel Dogs	Spinach rolls		Vegetarian pies		
	Salad	Pesto Potato and Leaf	Pasta and Leaf	Asian Colesaw	Pearl Couscous	Creamy Potato and Leaf	Pesto Pasta and Leaf	Rice and Leaf
Afternoon Tea		Fruit bowl and juice	Fruit bowl and juice	Fruit bowl and juice	Fruit bowl and juice	Fruit bowl and juice	Fruit bowl and juice	Fruit bowl and juice
Dinner	Meat option	Fettuccine (Chicken, Sundried tomato)	Rosemary roast beef	Butter chicken	Pork Spare ribs	Fajita's (chicken or beef)	BBQ: Sausages, Minute steaks	Lemon Snapper Parcels
	Vegetarian option	Fettuccine (Mushroom, Sundried tomato)	Potato, leek, rosemary crumble	Sweet potato korma	Vegetarian lasagna	Burrito (refried beans)	BBQ: Veg Sausages, Veg Kebabs	Grilled Halloumi Burgers
		Muesli bar	Biscuit pack	Muesli bar	Biscuit pack	Muesli bar	Biscuit pack	Muesli bar
Sides	Side 1	Herb Bread	Pumpkin Wedge	Papadums	Herb Bread	Corn Chips	Chicken Wings/Legs	Com Cobs
	Side 2	Steamed Beans	Vegetarian Gravy	Naan Bread	Corn Cobs	Green Rice	Corn Cobs	Green Beans
	Starch	Sweet Corn	Roasted Potatoes	Steamed Basmati Rice	Spiced Potato Wedges	Baked Potatoes	Baked Potatoes	Chips
	Vegetables/Salads	German Potato Salad	Steamed Broccoli	Steamed Broccoli	Steamed Broccoli	Steamed Broccoli	German Potato Salad	Green Salad
		Pearl Cous Cous Salad	Steamed Cauliflower	Steamed Cauliflower	Steamed Cauliflower	Steamed Cauliflower	Pearl Cous Cous Salad	Hoiken Noodle Salad
		Pesto Pasta Salad	Sliced Carrots	Sliced Carrots	Sliced Carrots	Sliced Carrots	Pesto Pasta Salad	German Potato Salad
Dessert		Apple Strudel and Cream	Ice-cream bar with toppings	Chocolate brownie	Pineapple Syrup Sponge	Ice Cream Sandwiches	Pavlova	Vanilla Cheese cake



# Suggested Leaders Menu – Week 2

		Thursday 10 <sup>th</sup>	Friday 11 <sup>th</sup>	Saturday 12 <sup>th</sup>	Sunday 13 <sup>th</sup>	Monday 14 <sup>th</sup>
Breakfast	Hot options	Scrambled Eggs, Bacon	Fried egg and Bacon rolls	Scrambled eggs, Bacon	Breakfast Spaghetti, Sausage	Scrambled eggs, Bacon
	Daily item	Buttered mushrooms		Fried potatoes	Pancakes	Hash Browns
Morning tea		Fruit bowl and Juice Chocolate cake	Fruit bowl and Juice Carrot cake	Fruit bowl and Juice Mini muffins	Fruit bowl and Juice Banana cake	Fruit bowl and Juice Mini pastries
Lunch	Daily Sandwich		MYO Sandwiches	MYO Baguette	MYO Pittas	MYO Sandwiches
	Hot item	Chicken drumsticks	Rosemary and lamb parcels	Beef and onion hot dogs	Turkish pide	Nachos
	Vegetarian option	Falafel wraps	Spinach and fetta parcels	Falafel Dogs	Turkish pide	Vegetarian Pies
	Salad	Pesto Potato and Leaf Salad	Pasta and Leaf Salad	Asian Colesaw	Pearl Couscous Salad	Creamy Potato and Leaf salad
Afternoon Tea		Fruit bowl and juice Muesli bar	Fruit bowl and juice Biscuit pack	Fruit bowl and juice Muesli bar	Fruit bowl and juice Biscuit pack	Fruit bowl and juice Muesli bar
Dinner	Meat option	Beef & Mushroom Filo	Roast Pork	MYO Chicken Burgers	Chicken Parmigiana	Roast Lemon Chicken
	Vegetarian option	Sweet Potato and Cheese Filo	Potato, leek, rosemary crumble	MYO Burgers	Eggplant parmigiana	Spinach and Fetta Filo
Sides	Side 1	Steamed Rice	Pumpkin Wedge	Corn cobs	Herb bread	Steamed rice
	Side 2	Green beans	Vegetarian Gravy	Green beans	Corn cobs	Green beans
	Starch	Mashed potato	Roasted Potatoes	Chips	Spiced Potato Wedges	Mashed potato
	Vegetables/Salads	Steamed broccoli	Steamed broccoli	German Potato Salad	Steamed broccoli	Steamed broccoli
		Steamed Cauliflower	Steamed Cauliflower	Pearl Cous Cous Salad	Steamed Cauliflower	Steamed Cauliflower
		Sliced Carrots	Sliced Carrots	Pesto Pasta Salad	Sliced Carrots	Sliced Carrots
Dessert		Chocolate Mousse	Apple Crumble	Chocolate Mud Cake	Individual Ice Creams	Strawberry Cheesecake