

# FLINDERS LIVING - TERM 1 MENU 2024 - MENU

gather.

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONTINENTAL BREAKFAST	Continental Breakfast offered Monday - Friday consisting of: Selection of 6 Cereals, including porridge with choice of Full, Trim or Soy Milk. Fresh fruit salad, flavoured yoghurt with a fruit & seed trail mix. Selection of Wholemeal, Multigrain and White Breads complimented by a variety of spreads, jams, butter, margarine. Tea & Coffee and a Selection of Fruit Juice.				
HOT BREAKFAST		Hot cooked Breakfast		Hot cooked Breakfast	
SANDWICH BAR	Salad Bar - Selection of in House Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit				
DINNER	Baked Potato w Chilli Con Carne G/F	Jambalaya w Chorizo and Peppers G/F D/F	Chicken Enchaladas G/F/A	Golden Crumbed Chicken Schnitzel w Traditional Gravy	Chicken Yiros w Garlic Yoghurt Sauce G/F/A
DINNER	Baked Potato w Thai Chicken G/F D/F	Lemon Pepper Squid w Lemon and tartare D/F	Pulled Pork Empanadas	Golden Crumbed Beef Schnitzel w Optional Mushroom Gravy	Spicy Lamb Kofta Yiros W Garlic Yoghрут Sauce G/F/A
DINNER VEGETARIAN	Baked Potato w Ratatoullie Vegetables G/F D/F	Pumpkin and basil Fritttata G/F D/F	Vegetable and Black Bean Tostadas G/F D/F	Vegan Plant Based Schnitzel	Falafel Yiros w Garlic Yoghurt Sauce G/F/A
VEGETABLES	Fried Rice G/F D/F	Southern Style Grits - Spicy corn Polenta G/F	Triple Cooked Potatoes	Seasoned Chips	Tabouleh
VEGETABLES	Garamasala Carrots	Cajun Potatoes G/F D/F	Spiced Roasted Cauliflower G/F D/f	Steamed Cauliflower and Broccoli	Potato and herb Fritter
VEGETABLES	Seasoned Peas and beans G/F D/F	Tex Mex Salsa G/F D/f	Sauteed Spinach G/F D/F	Roasted Balsamic Carrots	Pumpkin and Chick pea Hommus G/F D/f
PASTA BAR	Chef's choice Pasta Bake	Chef's choice Pasta Salad	Chef's choice Pasta bake	Chef's choice Pasta Salad	Chef's choice Fresh Pasta Salad
SALAD BAR	A selection of at least six freshly prepared vibrant compound Salads, including ingredients to create your own fresh garden salad with mixed salad leaves, Tomato, Cucumber, Capsicum, Carrot, Onions, Sprouts, Crispy Noodles, Chilli and accompanying Sauces, Condiments and Dressings				
DESSERT	Chocolate and Coconut Crackles	Trifle	Apple and Cinnamon Slice	Ice Cream and Sorbet Sundaes	Chefs Choice Home-Made Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				
Tea & Coffee available at Supper					

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONTINENTAL BREAKFAST	Continental Breakfast offered Monday - Friday consisting of: Selection of 6 Cereals, including porridge with choice of Full, Trim or Soy Milk. Fresh fruit salad, flavoured yoghurt with a fruit & seed trail mix. Selection of Wholemeal, Multigrain and White Breads complimented by a variety of spreads, jams, butter, margarine. Tea & Coffee and a Selection of Fruit Juice.				
HOT BREAKFAST		Hot cooked Breakfast		Hot cooked Breakfast	
SANDWICH BAR	Salad Bar - Selection of in House Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit				
DINNER	Szechuan Beef Noodles D/F	Gloden Crumbed Chicken Parmy	Pork and Fennel Sausage Rolls	Chicken Tikka Masala G/F	Pepperoni Pizza
DINNER	5 Spice Squid	Golden Crumbed Beef Parmy	Moroccan Lamb and Chick Pea Pasty	Rogan Josh Lamb Balls G/F D/F	Buffalo Wings
DINNER VEGETARIAN	Kung Pao Vegetables And Rice Noodles G/f D/F	Golden Crumbed Vegan Schnitzel Parmy D/F/A	Corn and Zucchini Fritters w Jalapeno and Tomato Salsa G/ F D/F	Pumpkin and Lentil Curry G/F D/F	Grilled Vegetable and Tofu Shaslicks G/F D/F
VEGETABLES	Coconut Pilaf Rice G/F D/f	Seasoned Fries	Fondant Potatoes	Spiced jasmine Rice G/F D/F	Chilli Corn Cobs G/F D/F
VEGETABLES	Stirfried Vegetables and Sprouts G/F D/F	Baked herb Pumpkin G/F D/F	Peppered Beans and Spinach	Carrot and Corn Salsa G/F D/F	Air Fried Potato Wedges G/F D/F
VEGETABLES	SweetPotato, Coconut and Coriander Bake G/F D/F	Steamed Peas	Roasted Carrot batons	Garamasala Creamed Spinach G/F	Fresh Cut Coleslaw G/F D/F
PASTA BAR	Chef's choice Fresh Pasta Bake	Chef's choice Fresh Pasta Salad	Chef's choice Fresh Pasta Bake	Chef's choice Fresh Pasta Salad	Chef's choice Pasta Salad
SALAD BAR	A selection of at least six freshly prepared vibrant compound Salads, including ingredients to create your own fresh garden salad with mixed salad leaves, Tomato, Cucumber, Capsicum, Carrot, Onions, Sprouts, Crispy Noodles, Chilli and accompanying Sauces, Condiments and Dressings				
DESSERT	Raspberry and White Chocolate Muffins	Lemon Coconut Slice	Ice Cream and Sorbet Sundaes	Hummingbird Cake	Chefs Choice Home-Made Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				
Tea & Coffee available at Supper					

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONTINENTAL BREAKFAST	Continental Breakfast offered Monday - Friday consisting of: Selection of 6 Cereals, including porridge with choice of Full, Trim or Soy Milk. Fresh fruit salad, flavoured yoghurt with a fruit & seed trail mix. Selection of Wholemeal, Multigrain and White Breads complimented by a variety of spreads, jams, butter, margarine. Tea & Coffee and a Selection of Fruit Juice.				
HOT BREAKFAST		Hot cooked Breakfast		Hot cooked Breakfast	
SANDWICH BAR	Salad Bar - Selection of in House Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit				
DINNER	Lemon and Herb Crumbed Fish w Lemon and Tartare G/F/A	Lamb, Mint and Pea Arancini	Roast Pork Apple Sauce and Crackling G/F D/F	Golden Crumbed Chicken Schnitzel w Gravy	Chorizo, Roast Tomato and Spinach Pasta w Chilli and Basil
DINNER	Cajun Chicken G/F D/F	Singapore Squid noodles	Slow Roast Beef	Golden Crumbed Beef or Pork Schnitzel w Mushroom Gravy	Creamy Pesto Chicken penne
DINNER VEGETARIAN	Spanish Omelette w Potato, Peas and Peppers G/F D/F	Pumpkin and Basil Risotto Cake G/F D/F	Sweet Potato,Lentil and Spinach Patties G/F D/F	Vegan Plant Based Schnitzel	Roasted Vegetable Lasgane G/F D/F
VEGETABLES	Balsamic Tossed Vegetables G/F D/F	Sauteed Beans and Zucchini G/F D/F	Smashed Potatoes G/F D/F	Seasoned Fries	Housemade Cheese and herb Bread
VEGETABLES	Creamy Mashed Potato G/F D/F	Cauliflower Gratin	Maple Roast Pumpkin	Honey Carrots G/F D/F	Pommes Parmentier
VEGETABLES	Steamed Broccoli	Steamed Carrot Batons G/F D/F	Peppered Greens G/F D/F	Steamed Peas	Panzanella Salad
PASTA BAR	Chef's choice Fresh Pasta Bake	Chef's choice Fresh Pasta Salad	Chef's choice Fresh Pasta Bake	Chef's choice Fresh Pasta Salad	Chef's choice Fresh Pasta Bake
SALAD BAR	A selection of at least six freshly prepared vibrant compound Salads, including ingredients to create your own fresh garden salad with mixed salad leaves, Tomato, Cucumber, Capsicum, Carrot, Onions, Sprouts, Crispy Noodles, Chilli and accompanying Sauces, Condiments and Dressings				
DESSERT	Carrot Cake	Ice Cream and Sorbet Sundaes	Citrus Portugese Tarts	Dark Chocolate Mousse Cake	Chefs Choice Home-Made Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				
Tea & Coffee available at Supper					

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Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONTINENTAL BREAKFAST	Continental Breakfast offered Monday - Friday consisting of: Selection of 6 Cereals, including porridge with choice of Full, Trim or Soy Milk. Fresh fruit salad, flavoured yoghurt with a fruit & seed trail mix. Selection of Wholemeal, Multigrain and White Breads complimented by a variety of spreads, jams, butter, margarine. Tea & Coffee and a Selection of Fruit Juice.				
HOT BREAKFAST		Hot cooked Breakfast		Hot cooked Breakfast	
SANDWICH BAR	Salad Bar - Selection of in House Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit				
DINNER	Tom Yum Spiced Pork Meatballs G/F D/F	Battered Fish Taco G/F/A	Golden Crumbed Chicken Parmy	Pulled Pork Burger	Aromatic Butter Chicken G/F
DINNER	Warm Chicken Larb w Lime and Coriander G/F D/F	Spiced Lamb and Vegetable Burrito D/F	Golden Crumbed Beef Parmy	Grilled Chicken Burger	Red Curry Beef G/F D/F
DINNER VEGETARIAN	Tofu and Vegetable Spring Rolls G/F D/F	Chick pea and Potato Empanadas	Golden Crumbesd Vegan Schnitzel Parmy	Sweet Potato and Lentil Burger G/F	Yellow Potato and Cauliflower Curry G/F D/F
VEGETABLES	Stirfried vegetables G/F D/F	Mexican Vegetable salsa G/F D/F	Seasoned Fries	Seasoned Fries	Steamed Coconut Rice
VEGETABLES	Chilli Oil Noodles	Chilli Herb Beans and Tomato G/f D/f	Balsamic Carrots	Fresh Cut Coleslaw	Tikka Potatoes
VEGETABLES	Steamed Greens	Grilled potato G/F D/F	Steamed Cauliflower and Broccoli	Blanched Carrots and Beans G/F D/F	Steamed garden vegetables
PASTA BAR	Chef's choice Fresh Pasta Salad	Chef's choice Fresh Pasta Bake	Chef's choice Fresh Pasta Salad	Chef's choice Fresh Pasta Salad	Chef's choice Fresh Pasta Salad
SALAD BAR	A selection of at least six freshly prepared vibrant compound Salads, including ingredients to create your own fresh garden salad with mixed salad leaves, Tomato, Cucumber, Capsicum, Carrot, Onions, Sprouts, Crispy Noodles, Chilli and accompanying Sauces, Condiments and Dressings				
DESSERT	Choc Berry Cupcakes	Tiramisu	Ice Cream and Sorbet Sundaes	Cinnamon Scrolls	Chefs Choice Home-Made Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				
Tea & Coffee available at Supper					