

FLINDERS LIVING - MENU



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.				
BREAKFAST		Traditional English Breakfast		Creamy Scrambled Eggs, baked beans, Grilled Sausages, Grilled Tomato	
SANDWICH BAR	Salad Bar - Selection of in House Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit				
SOUP	Chef's Fresh Home-made Soup		Chef's Fresh Home-made Soup		Chef's Fresh Home-made Soup
DINNER	roast pumpkin and chicken risotto	Shepherd's Pie topped with Golden Mashed Potato	Golden Crumbed Chicken Schnitzel w/ optional Pepper Sauce	Pork Panang Curry Finished with Fresh Coriander	Classic Spaghetti Bolognese
DINNER	Home-made Beef & Onion Rissoles in pumpkin risotto	Chicken Chow Mein with Cabbage and Noodles	Beef Topside Schnitzel w/ optional Beef & Onion Gravy	Beef Madras Curry	Chicken and Bacon Carbonara
DINNER VEGETARIAN	Roast Pumpkin, Lentil & Feta Risotto	Sweet Potato and Lental Shepherds Pie	Home-made Vegetable & Bean Schnitzel	Root Vegetable & Lentil Panang Curry finished with Fresh Coriander	Chickpea & Vegetable Ragout Pasta
VEGETABLES	Crisp Roast Potatoes	Lyonnaisse Potatoes	Chunky Beefsteak Chips	Fragrant Jasmine Rice	Seasoned Potato Wedges
VEGETABLES	Homemade Coleslaw	Roast Pumpkin	Steamed Carrots	Baked Pumpkin	Seasonal Garden Salad
VEGETABLES	Seasonal Garden Salad	Steamed Carrots & Green Peas	Steamed Green Beans	Steamed Broccoli Florets	Garlic Bread
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 Bake	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 Mousse	Berry & Coconut slice	Apple Crumble	Sticky Date Pudding with Butterscotch Sauce	Chefs Choice Home-Made Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				

FLINDERS LIVING - MENU



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 Ham & Cheese Croissants / Pancakes with Maple syrup		Traditional English Breakfast	
SANDWICH BAR	Salad Bar - Selection of in House Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit				
SOUP	Chef's Fresh Home-made Soup		Chef's Fresh Home-made Soup		Chef's Fresh Home-made Soup
DINNER	Grilled Continental Beef Sausages with Balsamic Glazed Red Onions	Fragrant Green Thai Chicken Curry	Golden Crumbed Chicken Schnitzel	Moroccan Crusted Chicken Drumsticks	Taco night - Home-Made Fresh Beef Chilli
DINNER	Salt & Pepper Dusted Squid w/- A Tangy Citrus Dressing	Traditional Lamb Korma finished with flaked Almonds	Golden Crumbed Pork Schnitzel w/ optional Mushroom Sauce	Slow cooked Bbq Pork Ribs	Taco night - Spiced Chicken Strips w/ Fried Capsicum
DINNER VEGETARIAN	Broccoli, Lentil & Corn Fritters	Fragrant Thai Red Tofu and Vegetable Curry	Home-made Vegetable & Bean Schnitzel	English Spinach, Seasonal Mushroom and Cannellini Beans Flaky Pastry Pie	Taco night - Home-Made Five Bean Chilli w/fresh Corinader leaves
VEGETABLES	Mashed Potato	Fragrant Jasmine Rice	Chunky Beefsteak Chips	Crisp Roast Potatoes	Seasoned Wedges w/- Sour Cream
VEGETABLES	Steamed Green Peas	Baked Pumpkin	Steamed Carrots	Steamed Basmati Rice	Seasonal Garden Salad
VEGETABLES	Buttered carrots	Crisp Roast Potatoes	Steamed Green Peas	Steamed Carrots & Broccoli	Warm Tortilla's
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	Choc banana muffin with cream	Jelly and Fruit	Chocolate Brownie with Whipped Cream	Vanilla Cheesecake	Chefs Choice Home-Made Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				

FLINDERS LIVING - MENU

 CATER CARE



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		Poached Eggs, baked beans, Grilled Sausages, Grilled Tomato		Traditional English Breakfast	
SANDWICH BAR	Salad Bar - Selection of in House Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit				
SOUP	Chef's Fresh Home-made Soup		Chef's Fresh Home-made Soup		Chef's Fresh Home-made Soup
DINNER	Seafood Paella	Homemade Savoury Mince	Golden Crumbed Chicken Schnitzel w/ optional Pepper Sauce	Quarter BBQ chicken with Seasoned Stuffing	Greek Style Lamb Yiros
DINNER	Chicken and Chorizo Paella	BBQ Glazed Chicken Maryland	Beef Topside Schnitzel w/ optional Beef & Onion Gravy	Traditional Roast Beef w/ Onion Gravy	Greek Style Chicken Yiros
DINNER VEGETARIAN	Mixed Bean & Vegetable Paella	Moroccan Spiced Chickpea Stew flavoured with Cumin and Coriander	Home-made Vegetable & Bean Schnitzel	Spinach & Ricotta Tart	Falafal Yiros
VEGETABLES	Steamed Chat Potatoes	Baked Potatoes	Chunky Beefsteak Chips	Potato Gratin	Potato Wedges
VEGETABLES	Baked Corn Cobs	Homemade Coleslaw	Steamed Carrots	Cauliflower au Gratin	Tabouleh & Yiros Salad Accompaniments
VEGETABLES	Steamed Broccoli Florets	Fragrant Jasmine Rice	Steamed Green Peas	Steamed Broccoli Florets	Toasted pitta bread w/ tzatziki
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	Jelly and Fruit	Chocolate Mud Cake	Chocolate Mousse	Rhubarb & Apple Crumble	Chefs Choice Home-Made Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				

FLINDERS LIVING - MENU



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 Ham & Cheese Croissants / Pancakes with Maple syrup		Fried Eggs, Baked Beans, grilled bacon & grilled tomato	
SANDWICH BAR	Salad Bar - Selection of in House Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit				
SOUP	Chef's Fresh Home-made Soup		Chef's Fresh Home-made Soup		Chef's Fresh Home-made Soup
DINNER	Hand Crumbed Fish Fillets w/ Tartare sauce & Lemon	Beef Chow Mein with Cabbage and Noodles	Golden Crumbed Chicken Schnitzel w/ optional Traditional Gravy	Classic Butter Chicken	Chicken Bolognese and Spinach Lasagne with a Gratinated Soubise sauce
DINNER	Home-made Beef & Onion Rissolis in Rich onion gravy	Tandoori Chicken Drumsticks	Golden Crumbed Pork Schnitzel w/ optional Mushroom Sauce	Beef Stroganoff finished w/- Smoked Paprika	Beef Bolognese Lasagne topped with a Gratinated Soubise Sauce
DINNER VEGETARIAN	Roast Pumpkin, Butter Bean & Feta Risotto	Chana Masala	Home-made Vegetable Schnitzel	Mushroom and Lentil Stroganoff finished with Smoked Paprika	Vegetable Lasagne topped with a Gratinated Soubise Sauce
VEGETABLES	Steamed Chat Potatoes	Baked Pumpkin	Chunky Beefsteak Chips	Steamed Chat Potatoes	Seasoned Wedges w/- Sour Cream
VEGETABLES	Baked Corn Cobs	Rice Pilaf	Steamed Carrots Peas	Steamed Basmati Rice	Seasonal Garden Salad
VEGETABLES	Steamed Broccoli Florets	Steamed Green Peas	Cauliflower au Gratin	Medley of Vegetables	Garlic Bread
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 Bake	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	Selection of Ice Cream with Warm Chocolate Fudge Sauce	Apple Sponge with Vanilla Custard	Jelly & Ice Cream	Hedgehog slice	Chefs Choice Home-Made Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				