

FLINDERS LIVING - TERM 2 MENU 2025 - 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 Roasted Meats and Delicatessen Lines, Garden Fresh Salads, Variety of Breads, Condiments and Fresh Seasonal Fruit				
DINNER	Baked Blue Granadier with Seasonal Vegetables	Sticky Glazed Miso Chicken	Chicken Schnitzel	Butter Chicken in Spiced Tomato Sauce	Chicken Burger
DINNER	Fettacini Carbonara with Black Pepper	Sweet and Sour Pork	Beef Schnitzel	Slow Cooked Lamb Rogan Josh	Beef and Bacon Burger
DINNER VEGETARIAN	Mixed Vegetable and Tofu Nachos	Grilled Miso Glazed Trellised Eggplant with Lentil Ragu	Plant Base Schnitzel	Sweet Potato and Chickpea Dahl	Black Bean Vegetable Burger
VEGETABLES	Roasted Sweet Potato	Coconut Fried Rice	Shoe String Fries	Papdams, Raita and Mango Chutney	All the Burger Toppings
VEGETABLES	Garlic Butter Roasted Mushrooms	Asian Greens in Oyster Sauce	Roasted Pumpkin	Spiced Turmeric Rice	Shoe String Fries
VEGETABLES	Sauteed Green Beans	Steamed Broccoli and Carrots	Steamed Vegetable Medley	Samosa Style Spiced Potatoes	Roasted Vegetable Hash
PASTA BAR	Chef's Choice Pasta and Vegetable Bake	Singapoore Noodles	Three Cheese Potato Bake	Chef's Choice Pasta and Vegetable Bake	Chef's Choice Pasta and Vegetable 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	Chewy Chocolate Brownie	Mixed Berry and Apple Crumble	Baked Rice Pudding	Ice Cream and Sorbet Sundaes	Chefs Choice Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				

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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 Roasted Meats and Delicatessen Lines, Garden Fresh Salads, Variety of Breads, Condiments and Fresh Seasonal Fruit				
DINNER	Slow Cooked Cottage Pie	Spicy Chicken Fajita with Chunky Salsa	Gnocchi with Bacon, Pumpkin and Whipped Ricotta	Chicken Schnitzel	Pepperoni Pizza with Napoletana Sauce
DINNER	Honey and Soy Chicken Maryland	Grilled Lamb Yiros with Garlic Sauce	Beef Ravioli with Mushroom Sauce	Beef Schnitzel	Chicken and Capsicum Pizza with BBQ Sauce
DINNER VEGETARIAN	Butter Chickpeas and Paneer with Cauliflower Rice	Spinach and Feta Gozleme	Gnocchi with Broccoli Pesto and Baby Spinach	Plant Base Schnitzel	Feta, Tempeh and Roasted Vegetable Pizza
VEGETABLES	Broccoli and Cauliflower au Gratin	Smashed Potatoes with Parmesan	Creamy Baked Polenta	Mashed Potato	Seasoned Wedges with Sour Cream and Sweet Chilli
VEGETABLES	Mushy Peas	Roasted Pumpkin	Steamed Cauliflower and Broccoli	Roasted Carrot Wedges	Steamed Vegetable Medley
VEGETABLES	Steamed Vegetable Medley	Steamed Carrots	Green Beans with Parmesan	Steamed Broccoli	Garlic Bread
PASTA BAR	Chef's Choice Pasta and Vegetable Bake	Singapore Noodles	Chef's Choice Pasta and Vegetable Bake	Three Cheese Potato Bake	Chef's Choice Pasta and Vegetable 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	Espresso and White Chocolate Tiramisu	Sticky Date Pudding with Caramel Sauce	Apple Muffins with Oat Crumble Crust	Ice Cream and Sorbet Sundaes	Chocolate and Raspberry Cupcakes
DESSERT	Freshly Prepared Seasonal Fruit Salad				

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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 Roasted Meats and Delicatessen Lines, Garden Fresh Salads, Variety of Breads, Condiments and Fresh Seasonal Fruit				
DINNER	Creamy Beef and Mushroom Stroganoff	Naomi's Tuna Mornay	Fettacini Carbonara with Black Pepper	Chicken Schnitzel	Sticky Mongolian Pulled Pork Bah Mi
DINNER	Spaghetti and Meatballs Napoletana	Zesty Chicken Larb with Toasted Rice	Chicken Korma with Raita and Papadam	Beef Schnitzel	Lemon Grass Chicken Bah Mi
DINNER VEGETARIAN	Eggplant & Lentil Lasagne	Spicy Lentil Patties	Masaman Tofu and vegetable Curry	Plant Base Schnitzel	Crispy Terriyaki Tofu Bah Mi
VEGETABLES	Smashed Potatoes with Parmesan	Zucchini and Mushrooms	Aloo Gobi Potato and Cauliflower	Shoe String Fries	Fried Rice
VEGETABLES	Roasted Cauliflower and Broccoli	Maple Roasted Pumpkin with Pepitas	Miso Roasted Carrots	Sauteed Cabbage with Bacon	Steamed Vegetable Medley
VEGETABLES	Steamed Bean and Carrots	Cheesy Baked Tomatoes	Garlic Sauteed Spinach	Brocoli and Cauliflower au Gratin	Sweet Chilli Broccoli and Asian Greens
PASTA BAR	Chef's Choice Pasta and Vegetable Bake	Singapoore Noodles	Chef's Choice Pasta and Vegetable Bake	Three Cheese Potato Bake	Chef's Choice Pasta and Vegetable 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	Chocolate and Salted Caramel Mudcake	Jam and Cinnamon Doughnut Bake	Bread and Butter Pudding	Ice Cream and Sorbet Sundaes	Chefs Choice Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				

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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 Roasted Meats and Delicatessen Lines, Garden Fresh Salads, Variety of Breads, Condiments and Fresh Seasonal Fruit				
DINNER	Salt and Pepper Squid with Chilli, Lime and Coriander	Pulled Chicken Tacos with Chunky Salsa	Traditional Lasagne with Cheesy Bechamel	Chicken Schnitzel	Hawaiian Baked Potato
DINNER	Perri Perri Chicken Maryland	Pulled Pork Tacos with Pineapple Salsa	Chicken, Tomato and Basil Risoto	Beef Schnitzel	Baked Potato with Chili Con Carne
DINNER VEGETARIAN	Salt and Pepper Eggplant	Jack Fruit Taco with Chunky Salsa	Chickpea and Vegetable Ragu	Plant Base Schnitzel	Baked Potatoes with a Mushroom & Lentil Ragu
VEGETABLES	Shoe String Fries	Mexican Rice	Smashed Potatoes with Parmesan	Mashed Potato	Seasoned Wedges with Sour Cream and Sweet Chilli
VEGETABLES	Buttered Carrots with Paprika	Mashed Pumpkin with Fetta and Pepitas	Steamed Green Beans	Maple Roasted Pumpkin	Roasted Broccoli
VEGETABLES	Ginger and Soy Green Beans	Mexican Corn on the Cob	Garlic Bread	Sauteed Zucchini	Steamed Vegetable Medley
PASTA BAR	Singapoore Noodles	Chef's Choice Pasta and Vegetable Bake	Chef's Choice Pasta and Vegetable Bake	Three Cheese Potato Bake	Chef's Choice Pasta and Vegetable 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	Caramelised Apple and Pears with Vanilla Custard	Lemon Meringue Pie	Individual Chocolate Muffins	Ice Cream and Sorbet Sundaes	Lemon Ricotta Cake
DESSERT	Freshly Prepared Seasonal Fruit Salad				