



# Sample Menu

PLEASE NOTE: THIS IS A SAMPLE MENU ONLY AND IS SUBJECT TO CHANGE

Day 1	Day 2	Day 3
-------	-------	-------

## Breakfast

	Weetbix (GFA, VG) Cornflakes (VG) Rice Bubbles (VG) Sultana Bran (VG)  White (GFA), Wholemeal & Multi-Grain Toast with Preserves  Baked Beans (GF, VG, DF) Hash Browns (GF, VG, DF) Seasonal Fresh Fruit	Weetbix (GFA, VG) Cornflakes (VG) Rice Bubbles (VG) Sultana Bran (VG)  White (GFA), Wholemeal & Multi-Grain Toast with Preserves  Baked Beans (GF, VG, DF) Sausages (GF, DF, VGA) Seasonal Fresh Fruit
--	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## Lunch

	Baked Potato Fillings: Bacon Pieces (GF, DF), Salsa (GF, VG), Cheese (GF, V) & Sour Cream (GF, V)  Salad Bar  Seasonal Fresh Fruit	Wraps (GFA) & Baguettes Fillings: Ham (GF, DF), Cheese (GF, V), Chicken Pieces (GF), Falafel (VG, GF, DF)  Salad Bar  Seasonal Fresh Fruit
--	---------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------

## Dinner

Pasta (GFA) with Bolognese (GF, DF), Napoli (VG, GF, DF) or Carbonara (GF)  Garlic Bread (VG, GFA, DF, V)  Salad bar  Seasonal Fresh Fruit  Chocolate Pudding (GFA, VGA)	Chicken Schnitzel's (GFA, VGA) Toppings: Gravy (DF, GF, VG), Napoli (VG, GF, DF) & Cheese (GF, V)  Mashed Potatoes (DF, GF, VG)  Salad bar  Seasonal Fresh Fruit  Strawberry Mousse <small>(Berry Mousse available for GF and VG)</small>	
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--

DF - Dairy Free    VG - Vegan    GF - Gluten Free    V - Vegetarian

VGA - Vegan alternative available with prior notice

GFA - Gluten Free alternative available with prior notice