

# Sample menu for one week

|                   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  | Sunday   |
|-------------------|--|--|--|---|--|---|--|
| <i>Breakfast</i>  | Continental breakfast  |  |  |   |  |   |  |
|                   | Wake up to a daily selection of 11 varieties of cereals, full cream & low fat milk, soya milk, assorted breads for toasting including muffins & crumpets, hi-fibre options, spreads, preserves, poached and fresh fruit pieces accompanied by 100% fruit juice, tea, coffee and fresh seasonal fruit salad |  |  |   |  |   |  |
| <i>Dinner</i>     | Cajun spiced chicken breast with a moroccan saffron sauce  | Grilled rump steaks served with a pink peppercorn sauce          | Moroccan spiced lamb chops with yoghurt & chermula & couscous      | Mild thai green chicken curry with lemongrass & coriander       | Traditional beef lasagna with a crunchy mozzarella topping | Grilled chicken marylands with a peri peri seasoning    | Stir fried beef in black bean sauce with crunchy vegetables served with prawn crackers |
| <i>Vegetarian</i> | Pumpkin, ricotta hunza rolls   | Sweet potato, lemon & roasted peppers risotto cakes              | Vegetable tagine with chickpeas and fruits                         | Vegetable pad thai with coriander, lime leaves and bean sprouts | Potato gnocchi with a lemon roasted garlic & oregano sauce | Vegetable & polenta stacks with a mushroom sauce        | Stir fried vegetable and tofu singapore noodles  |
| <i>Vegetables</i> | Mashed potatoes, sesame honey pumpkin, peas & bean medley  | Steamed broccoli with red peppers, cream potatoes, baton carrots | Cumin spiced potatoes, corn kernels, steam cauliflower with chives | Pilaf rice, stir fried vegetables, crunchy poppadums            | Grilled zucchinis, baton carrots, corn on the cob          | Potato wedges, steamed broccoli, sesame & honey pumpkin | Wok tossed asian greens, steamed asian cut carrots, steamed jasmine rice               |
| <i>Salad bar</i>  | Daily special salad, fresh green garden salad, compound salads plus a daily selection of wholemeal, multi-grain & high-fibre white breads, butter, margarine & spreads, assorted milks & juices & fresh fruit salad  |  |  |   |  |   |  |