

FLINDERS LIVING - TERM 4 MENU 2022 - 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 | Chicken Pad Thai Noodles | Thai Red Beef and Potato Curry | Grilled Fish w Lemon and Herb Crust | Golden Crumbed Chicken Schnitzel w Gravy | Chicken Yiros w Tabouleh |
| DINNER | Pork Chow Mein | Chermoula Roast Chicken Portions | Chicken and Chorizo Paella | Golden Crumbed Beef Schnitzel w Optional Mushroom Gravy | Beef Ragu Lasagne |
| DINNER VEGETARIAN | Tofu Stirfry | Chick pea and Parsley Fritters | Roast Tomato and Basil Risotto | Vegan Plant Based Schnitzel | Spinach and Tomato Arancini |
| VEGETABLES | Olive Oil and Pepper Chat Potatoes | Steamed Rice | Triple Cooked Potatoes | Seasoned Chips | Hand Cut Sweet Potato Wedges |
| VEGETABLES | Stirfried Asian Greens w Garlic and Ginger | Baked Pumpkin | Steamed Cauliflower and Broccoli | Baton Honey Carrots | Seasonal Garden Salad |
| VEGETABLES | Steamed Carrot and Corn | Zucchini, Tomato and Pea Ragu | Carrot, Corn and Parsley Salsa | Steamed Beans and Peas | Mediterranean Vegetables |
| PASTA BAR | Chefs choice Pasta Salad | Chef's choice Pasta Bake | Chef's choice pasta salad | Chef's choice 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 | Frog in the Pond | Fruit Protien Slice | Carrot Cake | Ice Cream Sundaes | Chefs Choice Home-Made 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 Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit | | | | |
| DINNER | Baked Potato w Mild Chilli Beef and Beans | Golden Crumbed Chicken Schnitzel W Traditional Gravy | Chicken Ginger and Bok Choy Spring Rolls | Chicken and Mushroom Filo Parcel | Homemade Beef Burgers |
| DINNER | Baked Potato w Pulled Chicken and Capsicum Ragu | Golden Crumbed Pork or Beef Schnitzel w Optional Mushroom Gravy | Szechuan Pepper Squid | Slow Cooked BBQ Pork | Fried Chicken Burgers |
| DINNER VEGETARIAN | Baked Potato w Vegetable Chilli Beans | Vegan Plant Based Schnitzel | Lightly Spiced Vegetable and Lentil Fritter | Spinach and Ricotta Filo Parcel | Herb and Chick pea Burger |
| VEGETABLES | Fresh Cut Slaw | Seasoned Chips | Stirfry Vegetables | Roasted Chat Potatoes | Seasoned Chips |
| VEGETABLES | Ratatoullie Vegetables | Roast Pumpkin Portions | Fried Rice | Warm Pumpkin and Spinach Salad | Garden Salad |
| VEGETABLES | Pea, Corn and Capsicum Salsa | Steamed Beans And Carrots | Aromatic Greens | Steamed Cauliflower and Broccoli | Coleslaw |
| 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 | Mango and Coconut Chia Puddings | Banana/Oat OR Honey Pear Muffins | Yoghurt Panna Cotta | Mixed Berry Jelly Cups | Chefs Choice Home-Made Dessert |
| 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 Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit | | | | |
| DINNER | Singapore Style Chicken Noodles w Julienne Vegetables | Chimmi Churri Chicken Drumsticks | BBQ Beef Sausages, House made Rissoles, | Golden Crumbed Chicken Schnitzel w Traditional Gravy | Mild Chilli Beef Nachos |
| DINNER | Crumbed Fish w Lemon and Tartare | Lemon Pepper Squid | Grilled Greek Style Chicken | Golden Crumbed Pork or Beef Schnitzel w Optional Mushroom Gravy | Mild Chilli Chicken Nachos |
| DINNER VEGETARIAN | Moroccan spiced Cauliflower Pancakes w yoghurt | Pesto Polenta w Grilled Vegetables | Grilled Mediteranean Vegetable Shaslick | Vegan Plant Based Schnitzel | Mild Vegetable and Bean Nachos |
| VEGETABLES | Creamy Potato Mash | Herbed Baby Potatoes | Warm Potato, Parsley and Pepper Salad | Seasoned Chips | Seasoned Wedges w Sour Cream |
| VEGETABLES | Steamed Beans, Peas and Carrot | Warm Sauteed Vegetable Salad | Garden salad | Fresh Garden Salad | Corn and Capsicum Salsa |
| VEGETABLES | Roasted Corn Potions | Steamed Green Peas | BBQ Spiced Pumpkin | Steamed Peas and Carrots | Fresh Garden 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 | Choc Cherry Mud Cakes | Caramel Slice | Berry Mousse | Ice Cream and Sorbet | Chefs Choice Home-Made 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 Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit | | | | |
| DINNER | Butter Chicken Curry w Coconut Rice | Golden Crumbed Chicken Schnitzel w Traditional Gravy | BBQ Chicken Wings | Salt n Pepper Flathead Soft Tacos | Penne Carbonara Pasta |
| DINNER | Cheesy Meatballs in Rich Tomato Herb Sauce | Golden Crumbed Pork OR Beef Schnitzel w Optional Mushroom Gravy | Middle Eastern Spiced Lamb Koftas w Coriander Yghurt | Pulled Pork Enchilada w Tomato Salsa | BBQ Chicken Pizza w capsicum, onion BBQ Sauce |
| DINNER VEGETARIAN | Spinach and Zucchini Frittata | Vegan Plant Based Schnitzel | Baked Polenta Fries w Mushroom and Spinach | Pumpkin Pie | Vegetarian Moussaka |
| VEGETABLES | Scalloped Potatoes | Seasoned Chips | Pilaf Rice | Fresh Cut Slaw | Seasoned Wedges w/- Sour Cream |
| VEGETABLES | Cheesy Cauliflower and Broccoli | Steamed Peas and Corn | Roasted Pumpkin | Spanish Rice | Seasonal Garden Salad |
| VEGETABLES | Seasoned Carrot Batons | Roasted Vegetable Medley | Steamed Greens | Sauteed Zucchini and Tomato | Warm Panzanella Salad |
| 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 | Trifle Crumble Cups | Carrot Cake | Assorted Fruit muffins | Tropical Cheesecake | Chefs Choice Home-Made Dessert |
| DESSERT | Freshly Prepared Seasonal Fruit Salad | | | | |