

# Harvest Lunch Menu

DAYS 1 - 7

## DAY 1

CHICKEN SALAD WRAP. HOMEMADE SAUSAGE ROLL. PIECE OF FRUIT. PACKET OF CHIPS. SWEET SLICE.

## DAY 2

BEEF, LETTUCE, TOMATO, CARAMELISED ONION BAGUETTE. RASPBERRY BUN. PIECE OF FRUIT, POPCORN. MUESLI BAR.

## DAY 3

HAM AND SEEDED MUSTARD ROLL. CHEESE SCONE WITH BUTTER. PIECE OF FRUIT, PACKET OF NUTS. SWEET DANISH.

## DAY 4

BACON AND EGG SANDWICH WITH TOMATO RELISH. SPRING ROLL. PIECE OF FRUIT. PACKET OF CHIPS. MUESLI BAR.

## DAY 5

ROAST BEEF AND COLESLAW BUN. HAM AND CHEESE PIZZA. PIECE OF FRUIT. POPCORN. SWEET SLICE.

## DAY 6

BUTTERMILK FRIED CHICKEN AND SWEET CHILLI ROLL. SWEET PASTRY. PIECE OF FRUIT. PACKET OF CHIPS. MUESLI BAR.

## DAY 7

HAM AND SALAD BUN. MINCE AND CHEESE PIE. PIECE OF FRUIT. CARROT CAKE. PACKET OF CHIPS.



# Harvest Lunch Menu

DAYS 8 - 14

## DAY 8

ROAST PORK AND SALAD SANDWICH ON WHOLEGRAIN BREAD. SAVOURY MUFFIN. PIECE OF FRUIT. PACKET OF NUTS. POPCORN.

## DAY 9

BEEF AND SALAD WRAP. HOMEMADE SAUSAGE ROLL. PIECE OF FRUIT. MUESLI BAR. SWEET SLICE.

## DAY 10

CHICKEN BRIE, CRANBERRY BAP. FALAFEL BITES WITH DIPPING SAUCE. PIECE OF FRUIT. PACKET OF CHIPS. PASTRY.

## DAY 11

BEEF BRISKET AND BBQ SAUCE ROLL. SWEET SLICE. PIECE OF FRUIT. POPCORN. MUESLI BAR.

## DAY 12

PULLED PORK AND SLAW BUN. BACON AND EGG PIE. PIECE OF FRUIT. CHOCOLATE CAKE.

## DAY 13

SMOKED CHICKEN, SPINACH, CARAMELISED ONION AND CHUTNEY ROLL. GLAZED ALMOND CROISSANT. PIECE OF FRUIT. HASHBROWN STICKS. SWEET SLICE.

## DAY 14

BLT. SAVOURY PIE. PIECE OF FRUIT. PACKET OF NUTS. BANANA CAKE.



# Harvest Dinner Menu

DAYS 1 - 7

## DAY 1

LAMB SHANK, MASH POTATO, GREEN BEANS WITH GRAVY.

## DAY 2

HAM OFF THE BONE, BUTTERED BABY POTATOES AND SALAD.

## DAY 3

COMBINATION RICE. CHICKEN, BEEF AND PORK WITH VEGETABLES IN RICE WITH HONEY SOY SAUCE. SIDE OF SPRING ROLLS.

## DAY 4

ROAST PORK, ROOT VEGETABLES AND CORN ON THE COB. GRAVY AND GARLIC BREAD.

## DAY 5

SPAGHETTI BOLOGNESE. SIDE CAESAR SALAD AND DINNER BUN.

## DAY 6

CHICKEN PARMIGIANA WITH WEDGES AND COLESLAW.

## DAY 7

CHICKEN CURRY WITH RICE AND FLAT BREAD.

# Harvest Dinner Menu

DAYS 7-14

## DAY 8

BEEF CASSEROLE WITH MASH POTATO AND GARLIC ROLL.

## DAY 9

DOUBLE PATTIE BEEF BURGER. LETTUCE, TOMATO, BACON AND CHEESE. SIDE OF WEDGES.

## DAY 10

CHICKEN BREAST WITH MUSHROOM SAUCE, POTATO AND HERB ROSTI AND A SIDE OF VEG.

## DAY 11

CHILLI CON CARNE, RICE, TOPPED WITH CHEESE. SIDE OF CORN CHIPS.

## DAY 12

ROAST CHICKEN, MASH POTATO, GRAVY AND GREENS IN GARLIC BUTTER.

## DAY 13

BBQ PULLED PORK, CREAMY POTATO SALAD AND CRUNCHY COLESLAW.

## DAY 14

BEEF LASAGNA WITH GREEN SALAD AND A DINNER BUN.

# Harvest Vegetarian Menu

DAYS 1 - 7

## DAY 1

MUSHROOMS, BEANS, SPINACH, RICE AND CHEESE BURRITO. WITH SOUR CREAM AND TOMATO SALSA. SIDE OF GREEN SALAD.

## DAY 2

PUMPKIN QUINOA PATTIE WITH LOADED WEDGES AND STEAMED VEGETABLES.

## DAY 3

VEGETABLE COCONUT CURRY, RICE AND FLAT BREAD.

## DAY 4

PLANT-BASED TENDERS, ROAST VEGGIE SALAD WITH PUMPKIN SEEDS, FETA CHEESE, AND BALSAMIC GLAZE.

## DAY 5

VEGGIE CASSEROLE WITH MASH POTATO AND DINNER BUN.

## DAY 6

FALAFEL BITES, POTATO GRATIN AND COUS COUS SALAD.

## DAY 7

ROAST VEGGIE LASAGNA. SIDE CAESAR SALAD. GARLIC BREAD.

# Harvest Vegetarian Menu

DAYS 8 - 14

## DAY 8

VEGGIE CHILLI WITH RICE. SIDE OF CORN CHIPS

## DAY 9

CORN PATTIE BURGER, LETTUCE, TOMATO, CHEESE, AND CHUTNEY, SERVED WITH WEDGES.

## DAY 10

FRITTATA WITH HALLOUMI AND A SIDE OF CRUNCHY SLAW.

## DAY 11

COMBINATION FRIED RICE. PLANT-BASED CHICKEN, VEGGIES, HONEY SOY SAUCE. SIDE OF SPRING ROLLS.

## DAY 12

CARAMELIZED ONION, SPINACH AND FETA QUICHE. PASTA SALAD.

## DAY 13

BLACK BEAN PATTIE WITH MUSHROOM RISOTTO.

## DAY 14

PLANT-BASED MINCE BOLOGNESE ON SPAGHETTI. WITH GARLIC BREAD.



# Harvest

## Morning & Afternoon Tea

- BACON AND EGG PIES
- ROAST VEG AND PESTO FRITTATAS
- HAM CHEESE CROISSANTS
- SAVOURY SCONES WITH BUTTER
- SAUSAGE ROLLS
- MUFFINS, SWEET OR SAVOURIES
- CHICKEN, CHEESE, TOMATO TOASTIES
- BANANA BREAD SLICES
- LEMON BARS
- BACON AND EGG MC MUFFINS
- LOADED BREAKFAST WRAPS
- HASHBROWN STACKS WITH BACON AND RELISH
- CLUB SANDWICHES
- BROWNIE
- CARROT CAKE
- MOUSETRAPS
- CHICKEN BRIE CRANBERRY PANINI
- WHOLEMEAL PIZZA SLAB
- DOUGHNUTS
- FRUIT CUPS
- ASSORTED QUICHE
- ASSORTED SAVOURIES
- CHIA AND FRUIT CUPS
- RICE PUDDINGS
- PUMPKIN AND COCONUT SOUP
- HAM, CHEESE, SPINACH BAPS
- FALAFEL WITH DIPPING SAUCES
- ASSORTED PIES: BUTTER CHICKEN/ MINCE AND CHEESE
- BLT BAGELS
- ASSORTED SALADS: PASTA, ORZO, CAESAR, ROAST VEGETABLE, ETC