

KOG CULTURAL

MENU WEEK 1

Spring/Summer



A menu that celebrates cherished cultural recipes from our families and community, featuring beloved cultural dishes that have been passed down generations and shared to KOG

BREAKFAST: 7AM - 8AM DAILY

Cereal: Cornflakes, rice bubble & Weetbix
 Toast with spreads: Butter, cheese spread, Vegemite

MORNING TEA 9AM - 10AM PROGRESSIVE

Seasonal Fruits - Milk & Water

AFTERNOON TEA 2:30PM - 3:30PM PROGRESSIVE

- Milk and Water

Fruits Available throughout the day

| | Lunch | Afternoon Tea |
|------------------|---|---|
| MONDAY: |  MEXICAN Chicken wraps with salads, cheese and mayo/salsa  | Banana and cinnamon muffins  |
| TUESDAY |  CHINESE Beef Fried Rice Vegetarian Tofu  | Avocado dip, salsa, sour cream with corn strips & cheese  |
| WEDNESDAY |  ITALIAN Home made Pizza With ham, cheese and vegetables toppings  | Cheese platter: hams, sultanas, cheese, fruit & ritz crackers  |
| THURSDAY |  SRI LANKAN Chicken Curry With steamed rice peas & corn Vegetarian - Tofu  | Yoghurt and Granola and fruit  |
| FRIDAY |  AUSTRALIAN Mini BBQ burgers with lettuce, cheese and tomato Vegetarian Vegie Patties  | Pineapple and coconut muffins with Fruit platter  |

KOG CULTURAL MENU WEEK 2

Spring/Summer



A menu that celebrates cherished cultural recipes from our families and community, featuring beloved cultural dishes that have been passed down generations and shared to KOG

BREAKFAST: 7AM - 8AM DAILY

Cereal: Cornflakes, rice bubble & Weetbix
 Toast with spreads: Butter, cheese spread, Vegemite

MORNING TEA 9AM - 10AM PROGRESSIVE

Seasonal Fruits - Milk & Water

AFTERNOON TEA 2:30PM - 3:30PM PROGRESSIVE

- Milk and Water

Fruits Available throughout the day

| | Lunch | Afternoon Tea |
|------------------|---|---|
| MONDAY: |  <p>AUSTRALIAN Grilled toasties -Grilled ham & cheese -Cheese and tomato -Baked beans -Spaghetti triangles</p>  | <p>Yoghurt and Granola and fruit</p>  |
| TUESDAY |  <p>PORTUGAL Bacon and chorizo pasta bake Vegetarian: Vegetable pasta back</p>  | <p>Banana, chocolate chip and cinnamon muffins</p>  |
| WEDNESDAY |  <p>UK Homemade chicken sausage roll, Steamed Carrots, mini potatoes Vegetarian: Vegetarian sausage rolls</p>  | <p>Avocado dip, salsa, sour cream with corn strips & cheese</p>  |
| THURSDAY |  <p>ITALY Spinach & ricotta ravioli with garlic bread</p>  | <p>Rice cakes with cream cheese, avocado, cucumber, hummus dip</p>  |
| FRIDAY |  <p>IRISH Stewed beef mash potato & Broccoli Vegetarian: Veggie Sausages with veggies</p>  | <p>Custard with fruit salad</p>  |

KOG CULTURAL MENU WEEK 3



A menu that celebrates cherished cultural recipes from our families and community, featuring beloved cultural dishes that have been passed down generations and shared to KOG

BREAKFAST: 7AM - 8AM DAILY

Cereal: Cornflakes, rice bubble & Weetbix
 Toast with spreads: Butter, cheese spread, Vegemite

MORNING TEA 9AM - 10AM PROGRESSIVE

Seasonal Fruits - Milk & Water

AFTERNOON TEA 2:30PM - 3:30PM PROGRESSIVE

- Milk and Water

Fruits Available throughout the day

| | Lunch | Afternoon Tea |
|------------------|--|---|
| MONDAY: |  SINGAPORE & MALAYSIA Beef curry puffs served with corn on cob Vegetarian: Tofu  | Blueberry Loaf and fresh fruit platter  |
| TUESDAY |  ITALY Chicken alfredo pasta bake Vegetarian: Mushroom Carbonara bake  | Crossiants -butter -cheese -ham -spreads  |
| WEDNESDAY |  MEXICAN Chicken Burrito's <ul style="list-style-type: none"> • Steamed rice • Chicken • Beans • Lettuce • Tomato • Cheese Vegetarian: Beans  | Chocolate chip Muesli bar slice and fresh fruit platter  |
| THURSDAY |  RUSSIAN Beef Stroganoff with mushrooms, & Steam rice Dinner rolls Vegetarian: Vegetarian Sausage  | Avocado dip, salsa and sour cream with corn strips & cheese  |
| FRIDAY |   ENGLAND Assorted sandwiches <ul style="list-style-type: none"> • Ham & Cheese • Chicken sliced & Avocado • Plain cheese Salad - Cucumber, grated carrot, tomato, lettuce (meat: Chicken or ham)  | Yogurt with fruit salad and granola  |

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MENU WEEK 4

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A menu that celebrates cherished cultural recipes from our families and community, featuring beloved cultural dishes that have been passed down generations and shared to KOG

BREAKFAST: 7AM - 8AM DAILY

Cereal: Cornflakes, rice bubble & Weetbix
 Toast with spreads: Butter, cheese spread, Vegemite

MORNING TEA 9AM - 10AM DAILY

Seasonal Fruits - Milk & Water

AFTERNOON TEA 2:30PM - 3:30PM PROGRESSIVE

- Milk and Water

Fruits Available throughout the day

| | Lunch | Afternoon Tea |
|------------------|--|--|
| MONDAY: |  <p>UK Beef sausage rolls with green salad-cucumber, tomato</p>  | <p>Custard with fruit salad</p>  |
| TUESDAY |  <p>GREEK Lamb Souvalaki wraps with lettuce, tomato, red onion, cheese and taziki</p>  | <p>Raisin bread with spreads</p>  |
| WEDNESDAY |  <p>CHINESE Spring onion pancake and fried rice</p>  | <p>Rice cakes with cream cheese, avocado, cucumber, hummus dip</p>  |
| THURSDAY |  <p>MEXICAN Chicken Tacos with lettuce, cheese, tomato and avocado</p>  | <p>Banana, chocolate chip and cinnamon muffins</p>  |
| FRIDAY |  <p>CHINESE Beef hokkien noodles Vegetarian: Tofu</p>  | <p>Cheese platter: hams, sultanas, cheese, fruit & ritz crackers</p>  |