



KOG Kitchen: Spring/Summer Menu - Week 1

Breakfast

Cornflakes, Rice Bubbles,
Weetbix, Toast with Butter,
cheese spread or Vegemite

Morning Tea

Assorted seasonal fruits-
Including: Watermelon,
Rockmelon, Apple, Pear, Banana,
Orange, Mandarin and Grapes

Afternoon Tea

Mon- Yoghurt with mixed berries

Tues- Banana & Blueberry muffins

Wed- Pinwheel Pastries - Fillings:
Vegemite & Cheese, Ham & Cheese or
Plain cheese or vegemite

Thurs- Veggie sticks, Kabana with
dips and crackers/ optional seasonal
fruit

Fri- Banana Bread

Lunch

Monday

Fish fingers
SIDE: steamed
vegetables & roast
potatoes *

Tuesday

Freshly made mixed
sandwiches *

Wednesday

Bacon and chorizo pasta
bake with béchamel
sauce *

Thursday

Homemade Chicken
sausage rolls
SIDE: vegetables *

Friday

Homemade Pizzas
SIDE: Corn on the cob*

* vegetarian substitute for this meal





KOG Kitchen:

Spring/Summer Menu - Week 2

Breakfast

Cornflakes, Rice Bubbles,
Weetbix, Toast with Butter,
cheese spread or Vegemite

Morning Tea

Assorted seasonal fruits-
Including: Watermelon,
Rockmelon, Apple, Pear, Banana,
Orange, Mandarin and Grapes

Afternoon Tea

Mon- Pinwheel cinnamon scrolls

Tues- Corn cakes with: cream cheese,
tomatoes, ham, vegemite

Wed- Cheese platter with crackers-
optional fruit platter

Thurs- Pancakes with fresh
strawberries/banana or choice of
spread

Fri- Yoghurt and mixed berries

Lunch

Monday

Spaghetti Bolognese
with grated carrot*

Tuesday

Chicken fried rice *

Wednesday

Beef curry puffs
SIDE: corn on the cob *

Thursday

Mixed fresh tortilla wraps
(Variety of fillings)

Friday

Chicken chow mein with
hokkien noodles*

* vegetarian substitute for this meal





KOG Kitchen:

Spring/Summer Menu - Week 3

Breakfast

Cornflakes, Rice Bubbles,
Weetbix, Toast with Butter,
cheese spread or Vegemite

Morning Tea

Assorted seasonal fruits-
Including: Watermelon,
Rockmelon, Apple, Pear, Banana,
Orange, Mandarin and Grapes

Afternoon Tea

Mon- Banana & Blueberry slice
Tues- Veggie sticks, Kabana with dips
and crackers/ optional seasonal fruit
Wed- Scones with optional spreads
Thurs- Cheese platter with crackers-
optional fruit platter
Fri- Yoghurt with frozen mango
chunks (Optional)

Lunch

Monday

Beef Fried Rice *

Tuesday

Homemade Chicken
Sausage rolls SIDE:
vegetables *

Wednesday

Fish fingers
SIDE: Fresh steamed
vegetables and roast
potato*

Thursday

Freshly made mixed
sandwiches *

Friday

Spaghetti Bolognese
with grated carrot*

*** vegetarian substitute for this meal**





KOG Kitchen:

Spring/Summer Menu - Week 4

Breakfast

Cornflakes, Rice Bubbles,
Weetbix, Toast with Butter,
cheese spread or Vegemite

Morning Tea

Assorted seasonal fruits-
Including: Watermelon,
Rockmelon, Apple, Pear, Banana,
Orange, Mandarin and Grapes

Afternoon Tea

Mon- Corn cakes with optional: cream
cheese, tomatoes, ham, vegemite

Tues- Banana Bread

Wed- Veggie sticks, Kabana with dips
and crackers/ optional seasonal fruit

Thurs- Homemade Zucchini 'eggy'
muffins

Fri- Yoghurt with mixed berries

Lunch

Monday

Beef Tacos *

Tuesday

Mixed fresh wraps*

Wednesday

Beef stroganoff sausages
SIDE: Steamed rice

Thursday

Pasta carbonara

Friday

Homemade beef
hamburgers with mixed
salad toppings



* vegetarian substitute for this meal