

ORGANIC AUTUMN MENU 2

4th April - 20th April 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SALAD BAR
MORNING TEA Special meal Egg-free Dairy-free Vegetarian Gluten Free	Fresh Fruit Selection - including yummy bananas, melons, apples, pears, oranges and berries, served with a side of Organic Homemade Custard Fresh Fruit Selection - including yummy bananas, melons, apples, pears, oranges and berries, served with delicious Organ Dairy Free Custard (1 Grain, 1 Protein, 1 Fruit, 1 Dairy)	Warm Organic Banana and Date Bread - Organic wholemeal spelt flour, organic oats, bananas, dates, organic eggs, organic milk, sunflower seeds and raw honey, served with a glass of Organic Milk or Water Warm Organic Banana and Date Bread - Organic wholemeal gluten free flour, bananas, dates, organ no egg, organic rice milk, sunflower seeds and raw honey, served with a glass of Organic Rice Milk or Water (1 Protein, 2 Fruit, 1 Dairy)	Organic Baby Berry Jelly Cups - Organic Apple Juice sweetened Jelly cups with Strawberries and Blueberries and Dollops of Organic Barambah Yoghurt Organic Baby Berry Jelly Cups - Organic Apple Juice sweetened Jelly cups with Strawberries and Blueberries and Dollops of Organic Barambah Yoghurt (1 Grain, 1 Protein, 1 Fruit, 1 Dairy)	Organic Apple & Raspberry Spelt Scroll made with yummy stewed fruits wrapped with Delicious Organic Spelt, Oats, Sunflower, Sesame Seeds, Cinnamon and raw honey Organic Apple & Raspberry Gluten Free Scroll made with yummy stewed fruits wrapped with Delicious Organic Rice Flour Flakes, Sunflower, Sesame Seeds, Cinnamon, raw honey (1 Grain, 1 Protein, 1 Fruit, 1 Dairy)	Fresh Fruit Selection - including yummy bananas, melons, apples, pears, oranges and berries, served with a side of Barambah organic yoghurt and dried fruit Fresh Fruit Selection - including yummy bananas, melons, apples, pears, oranges and berries, served with delicious Organ Dairy Free Custard (1 Grain, 1 Protein, 1 Fruit, 1 Dairy)	Organic Lettuce Organic Cheese Cubes Cucumber Ribbons Carrot Sticks Green Olives Organic Chickpeas Grated Carrot Capsicum Sticks Fresh Beetroot
LUNCH Special meal Egg-free Dairy-free Vegetarian Gluten Free	Crispy Organic Chicken Nibbles and Roast Vegies - Crispy free range chicken pieces covered in rice and coconut crumbs and served over Organic Roast Vegies with Sweet Potato, Potato, Carrot, Zucchini, Pumpkin, Organic Peas, Homemade Herb & Veggie Gravy and Garlic <i>Served with a Delicious Salad Bar</i> Crispy Organic Tofu Nibbles and Vegie Mash - Crispy tofu pieces covered in rice and coconut crumbs and served over Organic Roast Vegies with Sweet Potato, Potato, Carrot, Zucchini, Pumpkin, Organic Peas, Homemade Herb & Veggie Gravy and Garlic (1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)	Full of Greens' Organic Frittata Cup - Organic Sweet Potato, Capsicum, Carrot, Zucchini, Onion, Garlic and Lots of Spinach, combined with Organic Eggs, Barambah Organic Cream, Organic Chickpeas, in an Organic Mountain Bread Cup and topped with Organic Cheese <i>Served with a Delicious Salad Bar</i> Full of Greens' Organic Frittata Cup - Organic Sweet Potato, Capsicum, Carrot, Zucchini, Onion, Garlic and Lots of Spinach, Chia Seeds, Organic Chickpeas, in a Gluten Free Bread Cup and sprinkled with Naturally Fermented Soy Sauce (1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)	Organic Slow cooked Lamb with French green lentils and vegies - Organic Leg of Lamb slow cooked with Organic French green lentils, sweet potato, carrot, celery, spinach, onion, mushrooms, tomatoes, roasted garlic, served over Organic mashed potato and sprinkled in Barambah Organic grated cheese <i>Served with a Delicious Salad Bar</i> Organic Slow cooked French green lentils and vegies - Organic French green lentils slow cooked with organic sweet potato, carrot, celery, spinach, onion, mushrooms, tomato pasata and roasted garlic and served over Organic mashed potatoes (1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)	Asian Inspired Biodynamic Fried Rice - Fresh organic capsicum, carrot, zucchini, sweet potato, celery, mushrooms, organic chickpeas, free range eggs, stir-fried with Organic Biodynamic Long Grain Rice, diced bok choy and splashed with Naturally Fermented Soy Sauce, Sesame Oil and Garlic <i>Served with a Delicious Salad Bar</i> Asian Inspired Biodynamic Fried Rice - Fresh organic capsicum, carrot, zucchini, sweet potato, celery, mushrooms, organic chickpeas, stir-fried with Organic Biodynamic Long Grain Rice, diced bok choy and splashed with Naturally Fermented Soy Sauce, Sesame Oil and Garlic (1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)	Super Healthy Tuna, Avocado and Vegie Grills - Organic Golden Hearth Wholemeal Bread topped with sustainably caught tuna, avocado, homemade pesto, diced organic carrot, zucchini, capsicum, cauliflower, sweet potato and Organic Cheese <i>Served with a Delicious Salad Bar</i> Gourmet Tuna, Avocado and Vegie Grills - Organic Gluten-free bread topped with avocado, homemade pesto, diced organic carrot, zucchini, capsicum, cauliflower, sweet potato and homemade hummus (1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)	Snow Peas Fresh Carrot Spiral Carrot Cubes Diced Pineapple Organic Baby Peas Sweet Corn Celery Sticks Fresh Cottage Cheese Snap Peas Green Beans Baby Spinach Feta Cheese Cube Aduki Beans
AFTERNOON TEA Special meal Egg-free Dairy-free Vegetarian Gluten Free	Organic Raw Chocolate Brownie Bars made with ground Organic Oats & flaxseeds, Raw honey, Raw Cacao, Dates, Organic Coconut Oil, Dried Cranberries, sultanas, coconut flakes and a selection of Seasonal Fresh fruit slices Organic Raw Chocolate Brownie Bars made with ground Organic Oats & flaxseeds, Raw honey, Raw cacao, Organic Coconut Oil, Dates, Dried Cranberries, sultanas, coconut flakes and a selection of Seasonal Fresh fruit slices (1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)	Homemade Popcorn and Fresh Fruit Selection - including yummy bananas, melons, apples, pears, oranges and berries, served with a side of Barambah organic cheese cubes, dried fruit and crunchy seeds Homemade Popcorn and Fresh Fruit Selection - including yummy bananas, melon, apple, pears, oranges and berries, served with a side of dried fruit and crunchy seeds (1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)	Organic Bananarama Bites made with Organic Wholemeal Spelt Flour, Mashed Bananas, Coconut Oil, Raw Honey, Organic Eggs, served with selection of fresh fruit slices Organic Bananarama Bites made with Organic Wholemeal Gluten Free Flour, Mashed Bananas, Coconut Oil, Raw Honey, served with selection of fresh fruit slices (1 Grain, 1 Protein, 1 Fruit, 1 Dairy)	Wholemeal Pita Crispies with Cannellini Bean Hummus , Organic Carrot & Celery sticks, and a selection of Seasonal Fresh fruit slices including orange, apple, grapes, strawberries and melon Wholemeal Gluten-free crackers with Cannellini Bean Hummus , Organic Carrot & Celery sticks, and a selection of Seasonal Fresh fruit slices including orange, apple, grapes, strawberries and melon (1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)	Delicious Sweet & Savoury Muffins - made with Organic Spelt Flour, Free Range Eggs, Grated Vegies including Zucchini, Pumpkin, Tomatoes and Apple, Raw Honey served with a selection of Seasonal Fresh fruit slices Sweet & Savoury Muffins - made with Organic Gluten Free Flour, Grated Vegies including Zucchini, Pumpkin, Tomatoes and Apple, Raw Honey served with a selection of Seasonal Fresh fruit slices (1 Grain, 1 Protein, 1 Fruit, 1 Dairy)	Cucumber Slices Beetroot Cubes Diced Avocado Baby Tomatoes Sliced Beets Asparagus Spears Boiled Egg Slice and much more. Diced Mango
LATE SNACK TOTAL MACRO NUTRIENTS	Variety of Fresh Fruit Slices and Vegie Sticks , including Apples, Melons, Bananas, Grapes, Carrots, Cucumber, Celery, Capsicum and Organic Corn Cakes (1 Grain, 1 Fruit) 4 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	Vitality Gluten Free Banana Bread - served with Raw Honey and Banana Slices (1 Grain, 1 Fruit) 4 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	Variety of Fresh Fruit Slices and Vegie Sticks , including Apples, Melons, Bananas, Grapes, Carrots, Cucumber, Celery, Capsicum and Organic Rice Cakes (1 Grain, 1 Fruit) 4 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	Crunchy Ants on Logs - made with delicious celery sticks covered with cottage cheese and dotted with Sultana's and Cranberries served with Corn Thins (1 Grain, 1 Fruit) 4 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	Variety of Fresh Fruit Slices and Vegie Sticks , including Apples, Melons, Bananas, Grapes, Carrots, Cucumber, Celery, Capsicum and Organic Rice Bites (1 Grain, 1 Fruit) 5 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	