



# ORGANIC AUTUMN MENU 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SALAD BAR
MORNING TEA	<b>Creamy Apple Cinnamon Oat Porridge</b> made with yummy stewed granny smith apples and cinnamon, organic oats and chia seeds, organic oat milk, cinnamon, topped with toasted coconut, raw honey and a dollop of Organic Coconut Yoghurt	<b>Delicious Chia, Date and Banana Pancakes</b> - Organic spelt flour, coconut cream, white chia seeds, coconut oil, dates, bananas, maple syrup and flaxseeds cooked to perfection and homemade berry compote	<b>Awesome Rawsome Energy Bars</b> made with ground Organic Oats, Flaxseeds, Chia Seeds, Organic Coconut Oil, Dried Cranberries, sultanas, coconut flakes, Raw Cocoa and Maple Syrup	<b>Homemade Beans on Sourdough Turkish</b> made with Organic Cannellini beans, organic carrot, capsicum, zucchini, onions, tomatoes, spinach and garlic sauteed to perfection and served on toasted Organic Sourdough Toast Fingers	<b>Peachy Custard Cups with Crunchy Granola</b> - yummy diced peaches and pears layered with Homemade Custard, with dried fruit and topped with Crunchy Granola Clusters	Organic Lettuce Organic Cheese Cubes Cucumber Ribbons
	<i>Served with a Medley of Seasonal Fresh Fruits</i>	<i>Served with a Medley of Seasonal Fresh Fruits</i>	<i>Served with a Medley of Seasonal Fresh Fruits</i>	<i>Served with a Medley of Seasonal Fresh Fruits</i>	<i>Served with a Medley of Seasonal Fresh Fruits</i>	
Special meal Egg-free Dairy-free Vegetarian Gluten Free	Creamy Warming Apple Cinnamon Oat Porridge made with yummy stewed granny smith apples and cinnamon, organic oats and chia seeds, organic oat milk, cinnamon, topped with toasted coconut, raw honey and a dollop of Organic Coconut Yoghurt <i>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</i>	Delicious Coconut, Chia, Date and Apple Ring Pancakes - Organic gluten free flour, coconut cream, white chia seeds, coconut oil, dates, bananas, maple syrup and flaxseeds, cooked to perfection and homemade berry compote <i>1 Protein, 2 Fruit, 1 Dairy)</i>	Awesome Rawsome Energy Bars made with ground Organic Oats, Flaxseeds, Chia Seeds, Organic Coconut Oil, Dried Cranberries, sultanas, coconut flakes, Raw Cocoa and Maple Syrup <i>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</i>	Homemade Beans on Gluten Free Toast made with Organic Cannellini beans, organic carrot, capsicum, zucchini, onions, tomatoes, spinach and garlic sauteed to perfection and served on toasted Organic Gluten Free Toast Fingers <i>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</i>	Peachy Custard Cups with Crunchy Granola - yummy diced peaches and pears layered with Homemade Custard, with dried fruit and topped with Crunchy Granola Clusters <i>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</i>	Carrot Sticks Green Olives Organic Chickpeas Grated Carrot Capsicum Sticks Fresh Beetroot
LUNCH	<b>Tummy Warming Lentil Loaf and Roast Veggies</b> - Delicious Rosemary and Garlic infused Lentil and Mushroom loaf filled with organic red lentils, chickpeas and flaxseeds, mushrooms and veggies served with Organic Roast Veggies including Sweet Potato, Potato, Carrot, Zucchini, Pumpkin, Steamed Broccoli and Organic Peas	<b>Heavenly Mie Goreng Fried Noodle Salad</b> - Lots of delicious Fat Rice Noodles tossed with organic broccoli, carrot, cabbage, zucchini, organic mung bean sprouts, marinated organic tofu, norgran chickpea eggs, garlic, ginger, sesame seeds and brags amino sauce	<b>Nourishing Pumpkin Soup with Organic Sourdough Turkish fingers</b> - fresh organic pumpkin and beautiful seasonal vegetables lots of greens, organic canellini beans, organic red lentils, coconut cream, garlic and fresh herbs served with vegan parmesan sprinkled Organic Sourdough Turkish fingers	<b>Crispy Chick'n Bites and Cheesy Veggie Prorice</b> - Crispy Coconut and Sunflower coated Tofu Bites served with Lentil, Pea and Sweet Potato Prorice, medley of veggies including zucchini, green peas, carrots, sweet potato, onions, garlic and a delicious coconutty cheese sauce, yum!	<b>V' Bomb Burger with delicious '8 Veggie' homemade sauce</b> - Make my own Burger with a Spiced Blackbean and Hemp Seed Patty made of Organic Blackbeans, Hemp Seeds, Sweet Potato, Carrot, Zucchini, Onions, Garlic, Breadcrumbs, fresh herbs and spices ready for salad toppings, served with a homemade '8 Veggie' Sauce in a toasted wholesome burger bun	Snow Peas Fresh Carrot Spiral Carrot Cubes Diced Pineapple Organic Baby Peas Sweet Corn Celery Sticks
	<i>Served with a Delicious Salad Bar</i>	<i>Served with a Delicious Salad Bar</i>	<i>Served with a Delicious Salad Bar</i>	<i>Served with a Delicious Salad Bar</i>	<i>Served with a Delicious Salad Bar</i>	
Special meal Egg-free Dairy-free Vegetarian Gluten Free	Tummy Warming Lentil Loaf and Roast Veggies - Delicious Rosemary and Garlic infused Lentil and Mushroom loaf filled with organic red lentils, chickpeas and flaxseeds, mushrooms and veggies served with Organic Roast Veggies including Sweet Potato, Potato, Carrot, Zucchini, Pumpkin, Steamed Broccoli and Organic Peas <i>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</i>	Heavenly Mie Goreng Fried Noodle Salad - Lots of delicious Fat Rice Noodles tossed with organic broccoli, carrot, cabbage, zucchini, organic mung bean sprouts, marinated organic tofu, norgran chickpea eggs, garlic, ginger, sesame seeds and brags amino sauce <i>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</i>	Nourishing Pumpkin Soup with Organic Gluten Free Turkish fingers - fresh organic pumpkin and beautiful seasonal vegetables lots of greens, organic canellini beans, organic red lentils, coconut cream, garlic and fresh herbs served with vegan parmesan sprinkled Organic Gluten Free Turkish fingers <i>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</i>	Crispy Chick'n Bites and Cheesy Veggie Prorice - Crispy Coconut and Sunflower coated Tofu Bites served with Lentil, Pea and Sweet Potato Prorice, medley of veggies including zucchini, green peas, carrots, sweet potato, onions, garlic and a delicious coconutty cheese sauce, yum! <i>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</i>	V' Bomb Burger with delicious '8 Veggie' homemade sauce - Make my own Burger with a Spiced Blackbean and Hemp Seed Patty made of Organic Blackbeans, Hemp Seeds, Sweet Potato, Carrot, Zucchini, Onions, Garlic, Breadcrumbs, fresh herbs and spices ready for salad toppings, served with a homemade '8 Veggie' Sauce in a toasted eluten free bureer bun <i>(1 Grain, 1 Protein, 2 Vegetable, 1 Dairy)</i>	Fresh Cottage Cheese Snap Peas Green Beans Baby Spinach Fetta Cheese Cube
AFTERNOON TEA	<b>Amazing Chickpea, Sweet Potato and Oat Muffins</b> - Organic sweet potatoes, Organic Chickpeas, Raw Oats, Organic Spelt flour, Free Range Eggs, Coconut, Raw Honey, Sunflower and Sesame Seeds and Olive Oil, served with seasonal fruit slices	<b>Immune Stimulating Homemade Pita Crispiers</b> - Garlic powered Wholemeal Pita Crisps cooked to perfection served with homemade white bean and tomato with lots of garlic and onion salsa and a selection of Veggie Dippers	<b>Organic Pear and Raspberry Crumble Cake</b> made with Organic Wholemeal Spelt Flour, Organic Coconut and Raw Oats, Coconut Oil, Delicious Raspberries and Pears, Cinnamon and Raw Organic Maple Syrup	<b>Delicious Triple Berry and Coconut Jelly</b> made with Raspberry Puree, Organic Coconut Cream, Stevia, Blueberries and Diced Strawberries, served with Banana and Rockmelon slices	<b>Organic Double Chocolate Beetroot Cake</b> made with Organic Spelt flour, Organic fresh grated beetroots, raw cacao powder, tiny vegan choc chips, orgran no-egg, Organic Coconut Milk and Stevia and served with seasonal fruit slices	Cucumber Slices Beetroot Cubes Diced Avocado Baby Tomatoes Sliced Beets
	<i>Served with a Medley of Seasonal Fresh Fruits and Vegetables</i>	<i>Served with a Medley of Seasonal Fresh Fruits and Vegetables</i>	<i>Served with a Medley of Seasonal Fresh Fruits and Vegetables</i>	<i>Served with a Medley of Seasonal Fresh Fruits and Vegetables</i>	<i>Served with a Medley of Seasonal Fresh Fruits and Vegetables</i>	
Special meal Egg-free Dairy-free Vegetarian Gluten Free	Amazing Chickpea, Sweet Potato Muffins - Organic Sweet Potatoes, Organic Chickpeas, Gluten Free Flour, egg substitute, Coconut, Raw Honey, Sunflower and Sesame Seeds, served with seasonal fruit slices <i>(1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)</i>	Immune Stimulating Homemade Pita Crispiers - Garlic powered Gluten Free Pita Crisps cooked to perfection served with homemade white bean and tomato with lots of garlic and onion salsa and a selection of Veggie Dinners <i>(1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)</i>	Organic Pear and Raspberry Crumble Cake made with Organic Wholemeal Spelt Flour, Organic Coconut and Raw Oats, Coconut Oil, Delicious Raspberries and Pears, and Raw Organic Maple Syrup <i>(1 Grain, 1 Protein, 1 Fruit, 1 Dairy)</i>	Delicious Triple Berry and Coconut Jelly made with Raspberry Puree, Organic Coconut Cream, Stevia, Blueberries and Diced Strawberries, served with Banana and Rockmelon slices <i>(1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)</i>	Organic Double Chocolate Beetroot Cake made with Organic Gluten-free flour, Organic fresh grated beetroots, cacao powder, Orgran no-egg, Organic Coconut Milk and Stevia <i>(1 Grain, 1 Fruit, 1 Vegetable, 1 Dairy)</i>	Asparagus Spears Boiled Egg Slice and much more..  Diced Mango
LATE SNACK	<b>Crunch and Munch with a variety of Fresh Fruit Slices and Veggie Sticks</b> - Apple, Melons, Bananas, Grapes, Carrots, Cucumber, Celery, dried fruits and seeds, mini sandwiches, organic crackers, fresh popcorn <i>(1 Grain, 1 Fruit)</i>	<b>Crunch and Munch with a variety of Fresh Fruit Slices and Veggie Sticks</b> - Apple, Melons, Bananas, Grapes, Carrots, Cucumber, Celery, dried fruits and seeds, mini sandwiches, organic crackers, fresh popcorn <i>(1 Grain, 1 Fruit)</i>	<b>Crunch and Munch with a variety of Fresh Fruit Slices and Veggie Sticks</b> - Apple, Melons, Bananas, Grapes, Carrots, Cucumber, Celery, dried fruits and seeds, mini sandwiches, organic crackers, fresh popcorn <i>(1 Grain, 1 Fruit)</i>	<b>Crunch and Munch with a variety of Fresh Fruit Slices and Veggie Sticks</b> - Apple, Melons, Bananas, Grapes, Carrots, Cucumber, Celery, dried fruits and seeds, mini sandwiches, organic crackers, fresh popcorn <i>(1 Grain, 1 Fruit)</i>	<b>Crunch and Munch with a variety of Fresh Fruit Slices and Veggie Sticks</b> - Apple, Melons, Bananas, Grapes, Carrots, Cucumber, Celery, dried fruits and seeds, mini sandwiches, organic crackers, fresh popcorn <i>(1 Grain, 1 Fruit)</i>	
	<i>(1 Grain, 1 Fruit)</i>	<i>(1 Grain, 1 Fruit)</i>	<i>(1 Grain, 1 Fruit)</i>	<i>(1 Grain, 1 Fruit)</i>	<i>(1 Grain, 1 Fruit)</i>	
TOTAL MACRO NUTRIENTS	4 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	4 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	4 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	4 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	5 Grain, 2 Protein, 3 Fruit, 3 Vegetable, 3 Dairy	