

KOG CULTURAL

Autumn/Winter

MENU WEEK 1

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 - Herbal Tea

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

- Milk & Water

Fruit Available throughout the day

	Lunch	Afternoon Tea
Monday:	 FRENCH Pumpkin soup with Garlic bread 	Apple Cake & Fruit 
Tuesday	 CHINESE Chinese chicken fried rice Vegetarian Tofu replacement chicken 	Yoghurt & Fruit 
Wednesday	 AUSTRALIAN Mini hamburgers Cheese, lettuce, tomato Vegetarian Veggie Patties 	Raisin Bread With spreads & Fruit 
Thursday	 ITALIAN Italian chicken soup pastina with peas Vegetarian Veggie Soup with peas 	Cruskits, cream cheese & vegemite & Fruit 
Friday	 UK Homemade chicken sausage rolls, Steamed Carrots & roast potatoes Vegetarian Vegetarian sausage rolls 	Vege sticks, cheese, kabana, pretzels dips & crackers 

KOG CULTURAL MENU WEEK 2

Autumn/Winter



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 Fruit - Milk & Water - Herbal Tea

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

- Milk and Water

Fruits Available throughout the day

	Lunch	Afternoon Tea
MONDAY:	 MEXICAN Burrito bowl -Steamed rice -Tofu -Cheese -Kidney bean -Broccoli -Seasoning -Chicken -Chick peas -Diced tomato 	Scones with jam and cream 
TUESDAY	 MALAYSIAN Beef hokkien noodles Vegetarian: Tofu in place of beef 	Banana Bread & Fruit platter 
WEDNESDAY	 AMERICAN Stewed Chicken with steamed rice Vegetarian: Kidney beans or alternate bean 	Crumpets with spread & Fruit platter 
THURSDAY	 ITALIAN Lasagna & Garlic bread 	Pita bread with vegetable sticks and Tzatziki & Capsicum dips 
FRIDAY	 CHINA Fried rice with Chicken and Vegetarian dumplings with fried rice 	Cinnamon scrolls & Fruit platter 

KOG CULTURAL MENU WEEK 3

Autumn/Winter



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 - Herbal Tea

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

- Milk and Water

Fruits Available throughout the day

	LUNCH	AFTERNOON TEA
MONDAY:	 ARGENTINA Empanada pies Chicken, cheese, vegetables 	Pancakes with spreads & fresh fruits 
TUESDAY	 INDIAN Butter Chicken With Rice peas & corn Vegetarian - Tofu 	Rice cakes, Cream cheese, Tomato & Fruits 
WEDNESDAY	 UNITED KINGDOM Mac & Cheese Steamed Broccoli, cauliflower & Carrot 	Yoghurt & Fruits 
THURSDAY	 MEXICAN Tacos Mince beef, Seasoning, Cheese, Diced tomato, lettuce, Beans 	Carrot cake & Fruit platter 
FRIDAY	 AUSTRALIAN Beef Stroganoff & Steam rice with corn cobs Vegetarian: Vegetarian Sausage 	English muffins, cheese, Ham and spreads 

KOG CULTURAL MENU WEEK 4

Autumn/Winter



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 - Herbal Tea

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

- Milk and Water

Fruits Available throughout the day

	Lunch	Afternoon Tea
MONDAY:	 ITALY Gnocchi with napoli sauce & Garlic Bread 	Banana and cinnamon muffins 
TUESDAY	 CHINESE Beef Fried Rice Vegetarian Tofu 	Yoghurt and Granola with fruit 
WEDNESDAY	 UNITED KINGDOM Roast chicken roll/Cheese with Gravy Steamed Broccoli, cauliflower & Carrot Vegetarian: Veggie Patties 	Vege sticks, cheese, kabana, pretzels dips & crackers 
THURSDAY	 IRISH Stewed beef mash potato & Broccoli Vegetarian: Veggie Sausages with veggies 	Avocado dip, salsa, sour cream with corn strips & cheese 
FRIDAY	 KOREAN Korean Noodle Stir fry (Japchae) Korean Noodle Carrots, Capsicum, spinach, onion, Beef strips Vegetarian - Tofu 	Banana & Blue Berry Loaf 

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</p> <ul style="list-style-type: none"> -Grilled ham & cheese -Cheese and tomato -Baked beans -Spaghetti triangles 	<p>Yoghurt and Granola and fruit</p> 
TUESDAY	 <p>PORTUGAL Bacon and chorizo pasta bake</p> <p>Vegetarian: Vegetable pasta back</p> 	<p>Banana, chocolate chip and cinnamon muffins</p> 
WEDNESDAY	 <p>UK Homemade chicken sausage roll, Steamed Carrots, mini potatoes</p> <p>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</p> <p>Vegetarian: Veggie Sausages with veggies</p> 	<p>Custard with fruit salad</p> 

KOG CULTURAL MENU WEEK 3

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:	 ITALY Chicken alfredo pasta bake Vegetarian: Mushroom Carbonara bake 	Crossiants -butter -cheese -ham -spreads 
TUESDAY	 SINGAPORE & MALAYSIA Beef curry puffs served with corn on cob Vegetarian: Tofu 	Blueberry Loaf and fresh fruit platter 
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 

KOG CULTURAL MENU WEEK 4

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 DAILY

Seasonal Fruits - Milk & Water

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

- Milk and Water

Fruits Available throughout the day

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