

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 Vegie 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



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 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

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 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



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 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 napolli 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 

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Spring/Summer



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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



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 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> 

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- 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 

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MENU WEEK 4

Spring/Summer



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 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> 