

♥ Heart Healthy

	Breakfast	Lunch	Dinner
<b>M O N</b>	Continental Choice of 8 cereals Fruits & yoghurts / soy milks Poached eggs Sausages	Pizza Bread & spreads Fresh fruit Fruit juice  Cheese Scones SELF SERVICE TOASTIE PIE	Chicken pasta on green peppercorn sauce ♥ Stir fry lamb in plum sauce Curry-flavored noodles Rice Fondant potatoes Seasonal fresh vegetables  ♥ Ambrosia
<b>T U E</b>	Continental Choice of 8 cereals Fruits & yoghurts / soy milks Scrambled egg Hashbrowns Spaghetti	♥ Chilli/tomato-fried rice with shrimp&crab Rice Fresh fruit Fruit juice  Belgian Biscuits SELF SERVICE TOASTIE PIE	♥ Hamburger Bonanza Chicken, Fish, Beef & Veget. with cheeseslice/beetroot/onion/pineapple Jalapeno Corn chips Evening salad buffet  Ice cream and topping
<b>W E D</b>	Continental Poached eggs Spaghetti Bacon Pancake / Pikelets Sausages	Cold meats & Specialty breads Bread & spreads Fresh fruit Fruit juice  Ginger Crunch SELF SERVICE TOASTIE PIE	♥ Cod Kang Kiewwan (Thai style fish) Wiener Schnitzel Pasta a la St Margaret's Sautéed potatoes Rice Seasonal fresh vegetables  Gweny's Custard square
<b>T H U</b>	Continental Choice of 8 cereals Fruits & yoghurts / soy milks Baked beans Scrambled egg	Macaroni cheese gratin Bread & spreads Fresh fruit Fruit juice  Chocolate chip muffins SELF SERVICE TOASTIE PIE	♥ Chicken Nam Choi ♥ Mughali lamb Khorma (INDIA) Stuffed Cabbage Leaves Mashed potatoes Rice Seasonal fresh vegetables  Fruit shortcake
<b>F R I</b>	Continental Choice of 8 cereals Fruits & yoghurts / soy milks Eggs Bacon	Baked potatoes / sour cream & cheese Bread & spreads Fresh fruit Fruit juice  Inhouse Baking SELF SERVICE TOASTIE PIE	Chicken-Apricot-Cream-Cheese Cordon Crumbed fishfillets Vegetable Pilaf Chips/French fries Evening salad buffet  Ice cream sundae with topping
<b>S A T</b>	Continental Choice of 8 cereals Fruits & yoghurts / soy milks Eggs Spaghetti	Bacon wrapped grilled Sausages Bread & spreads Fresh fruit Fruit juice  Scones Plain SELF SERVICE TOASTIE PIE	Hoisin Gai (Chinese marinated chicken) Bacon & Egg pie crumble Pasta tossed in pesto Rice Seasonal fresh vegetables  Carrot cake cream cheese icing
<b>S U N</b>	Continental Choice of 8 cereals Fruits & yoghurts / soy milks Assorted flavoured Milk Croissants	Brunch ♥ Filled bagel Ham, Salami & Pastrami Hot dish of the day Bread & spreads Fresh fruit Fruit juice  Contin. B/F served during Sunday lunch	Chicken Casablanca ♥ Roast Pork and apple sauce Cannelloni with Cottage cheese Roast, honey glazed Kumara Seasonal fresh vegetables Rice  Formal dinner dessert surprise