

## Worldview Centre ~ Sample Menu

<u>Breakfast</u>	8.15 – 8.45 am
<u>Morning Tea</u>	10.30 – 11.00 am
<u>Lunch</u>	12.30 – 2.00 pm
<u>Afternoon Tea</u>	3.30 – 4.00 pm
<u>Dinner</u>	7.00 – 8.30 pm

### Tuesday

Lunch 12.30 – 2.00 pm

Minestrone Soup  
Mixed Green Salad  
Fresh Bread  
Toasted Seeds

Dinner 7.00 – 8.30 pm

Spinach and Ricotta Lasagne  
Steamed Vegetables with mixed herbs

Pineapple & Coconut Milk Rice Pudding

### Wednesday

Lunch 12.30 – 2.00 pm

Zucchini & Carrot Cake  
Mixed Green Salad  
Toasted Seeds

Dinner 7.00 – 8.30 pm

Mung Dahl (lentils)  
Roasted Tempe with honey, ginger & sesame  
Basmati Rice

Plum & Apple Fruit Crumble

### Thursday

Lunch 12.30 – 2.00 pm

Mediterranean Salad Platters  
Garden Salad  
Fresh Bread  
Toasted Seeds

Dinner 7.00 – 8.30 pm

Thai Vegetable with Coconut Milk  
Steamed Vegetables with mixed herbs

Morello Cherries with Lychees & Fresh Mint

### Friday

Lunch 12.30 – 2.00 pm

Pumpkin Soup  
Mixed Green Salad  
Fresh Bread  
Toasted Seeds

Dinner 7.00 – 8.30 pm

Spinach & Fetta Bake  
Garden Salad  
Toasted Seeds

Home Made Apple Bake

### Saturday

Lunch 12.30 – 2.00 pm

Mixed Vegetable Salad  
Adzuki Bean & Salmon Pasta Salad  
Zucchini & Baby Spinach Salad  
Garden Salad  
Fresh Bread  
Toasted Seeds

Dinner 7.00 – 8.30 pm

Singaporean Rice Noodles

Home Made Sago Plum Pudding

### Sunday

Lunch 12.30 – 2.00 pm

Rice Spinach Loaf with Tomato Sauce  
Garden Salad  
Toasted Seeds

Note: All desserts are accompanied with:  
Dairy Ice Cream, Fresh Pouring Cream (Maleny  
Dairies) and/or Natural Yoghurt.

### Morning and Afternoon Tea:

- Fruit bowl
- Wheat and gluten free fruit cake
- Homemade humus
- Cheese and crackers
- Nuts and dried apricots
- Selection of herbal teas, black tea & coffee