

EXAMPLE MENU: Massey University Cycle 1 Week 1

LUNCH

Lunch	MYO Bao Buns	Home Made Pizzas	MYO Donburi	MYO Nachos	Beef Wraps	Saturday Brunch	Sunday Brunch
	Pulled Pork w. Asian Slaw, Pickled Cucumber & a Range of Sauces	Pepperoni, Hawaiian or Chicken BBQ Bacon	Chicken Teriyaki or Sesame Fish w. Fried Egg, Shredded Salads, Seaweed & Sauces	Spicy Beef Mince w. Cheese, Salsa, Sour Cream, Guacamole, Jalapenos, Tomatoes & Red Onion	Gourmet Beef w. Salads & Aioli	Sausages, Scrambled Eggs, Hash Browns, Baked Beans, Mushrooms, Pancakes, Maple Syrup, Berries, Bananas, Yoghurt	Meat Pattie, Poached Eggs, Hash Browns, Spaghetti, Mushrooms, Crumpets, Maple Syrup, Berries, Bananas, Yoghurt
Vegetarian & Vegan Option	MYO Bao Buns	Home Made Pizzas	MYO Donburi	MYO Nachos	Falafel Wraps	Saturday Brunch	Sunday Brunch
	Spicy Tempeh Steaks w. Asian Slaw, Pickled Cucumber & a Range of Sauces	Roast Vegetable or Mushroom Delight	Paprika Tofu w. Sesame Mushrooms, Shredded Salads, Seaweed & Sauces	Spiced Black Beans w. Salsa, Guacamole, Jalapenos, Tomatoes & Red Onion	Falafel and Roast Cauliflower w. Salads & Hummus	Scrambled Tofu, Hash Browns, Baked Beans, Spinach, Bananas, Berries, Soy Yoghurt	Baked Tofu With Vegan Cheese, Hash Browns, Spaghetti, Mushrooms, Bananas, Berries, Soy Yoghurt
Salads	A Full Salad Bar for Make Your Own Salads Including a Pasta or Potato Salad						
The Bread Company	Burger	Panini	Wraps	Sub	Panini		

DINNER

Option One	Paprika Chicken Thighs	MYO Souvlaki Bar	Chicken Mushroom Pasta in a Parmesan Cream Sauce	Five Spice Pork	Taco Fridays	Harissa Beef w. Gravy	Sunday Roast
Option Two	Teriyaki Beef w. Broccoli	Oriental Chicken or Beef Mince w. Sliced Tomatoes, Cucumber, Fried Potatoes, Tzatziki & Salads	Beef Ragu in a Roast Tomato Sauce	Beef Stir-fry	Mexican Beef Mince or Cumin Spiced Fish w. a Range of Slaws & Sauces	Pork Vindaloo	Honey Baked Ham w. Pineapple Sauce or Roast Chicken w. Gravy
Vegetarian & Vegan Option	Lentil & Mushroom Ragout	Spiced Tofu w. Sliced Tomatoes, Cucumber, Fried Potatoes, Hummus & Salads	Vegan Pea and Pesto Pasta w. Caramelised Onion	Filo Parcels w. Kumara, Chickpeas & Spinach	Spicy Jackfruit w. a Range of Slaws & Sauces	Spinach, Kumara & Lentil Dhal	Spicy Vegetable Tagine
Starch	Scalloped Potatoes & Egg Noodles	Pita Bread & Steamed Rice	Bread Rolls & Steamed Parsley Potatoes	Rosemary Garlic Wedges & Brown Rice	Tacos & Crispy Baked Potato Fries	Pesto Potatoes & Wild Rice	Roast Potatoes, Kumara & Minted Couscous
Vegetables	A Selection of Hot Seasonal Vegetables						
Salads	A Full Salad Bar for Make Your Own Salads Including a Pasta or Potato Salad						

EXAMPLE MENU: Massey University Cycle 1 Week 2

LUNCH

	MYO Subs	Chilli Ginger Chicken	MYO Baked Potatoes	MYO Pita Pockets	MYO Pasta Bar	Saturday brunch	Sunday Brunch
Lunch	Pork Riblet, Chilli Chicken, Tuna Mayo w. a Selection of Fresh Salads & Sauces	Chilli Ginger Chicken w. Asian Greens	Savoury Mince and Coconut Mushrooms w. a Range of Fresh Toppings, Sour Cream, Cheese & Salads	Mediterranean Chicken and Grilled Vegetable w. Olives, Feta and a Range of Fresh Salads & Sauces	Spaghetti Pasta w. Chicken, Bacon Pieces with a Range of Sauces & Toppings	Bacon, Scrambled Egg, Hash Browns, Baked Beans, Mushrooms, Crumpets & Maple Syrup, Berries, Bananas, Yoghurt	Sausage, Boiled eggs, Hash Browns, Spaghetti, Spinach, Pancakes & Maple Syrup, Berries, Bananas, Yoghurt
Vegetarian & Vegan Option	MYO Subs	Chilli Ginger Tofu	MYO Baked Potatoes	MYO Pita Pockets	MYO Pasta Bar	Saturday Brunch	Sunday Brunch
	Tofu Mince, Sautéed Mushrooms and Roast Vegetables w. a Selection of Fresh Salads & Sauces	Chilli Ginger Tofu w. Asian Greens	Plant Based Chicken Mince Alternative, Coconut Mushrooms and Roast Tomato w. a Range of Fresh Toppings & Salads	Falafel Patties and Grilled Vegetables w. Olives, Hummus and a Range of Fresh Salads & Sauces	Spaghetti Pasta w. Mushroom and Lentil Mix or Plant Based Beef Mince Alternative with a Range of Sauces & Toppings	Tofu Capsicum Scrambled, Hash Browns, Spaghetti, Mushrooms, Bananas, Berries, Soy Yoghurt & Maple Syrup	Creamy Tofu, Hash Browns, Spaghetti, Spinach, Bananas, Berries, Soy Yoghurt & Maple Syrup
Salads	A Full Salad Bar for Make Your Own Salads Including a Pasta or Potato Salad						
The Bread Company	Wraps	Club Sandwich	Panini	Wrap	Panini		

DINNER

Option One	Beef Stroganoff	Asian Food Night	Beef Lasagne w. Alfredo Sauce	MYO Burgers	Taco Friday	Soy and Orange Chicken Pieces	Sunday Roast
Option Two	Classic Pastry Smoked Fish Pie	Sweet & Sour Pork or Stir Fried Beef w. Asian Greens	Creamy Chicken Lasagne	Beef or Chicken Patties w. Lettuce, Tomato, Sliced Mushroom & Onion and a Range of Salads & Sauces	Pulled Pastor Pork or Crispy Fish Tacos w. a Range of Slaws & Sauces	Smoky Paprika Pork & Boston Beans	Roast Lamb w. Mint Sauce or Roast Chicken w. Gravy and Roast Vegetables
Vegetarian & Vegan Option	Vegan Nasi Goreng	Vegan Char Kway Tau	Roast Vegetable Lasagne w. Plant Based Beef Mince Alternative and a Seeded Topping	Vegan/Vegetarian Patties w. Sliced Mushrooms and a Range of Salads & Sauces	Smoky Tempeh Strips w. a Range of Slaws & Sauces	Asian Style Sesame Tofu w. Asian Greens	Lentil cottage pie
Starch	Potato Lyonnaise & Mashed Kumara	Egg Noodles & Rice	Crispy Fried Kumara & Garlic Bread	Crispy Paprika Wedges & Caramelized Onion	Tacos & Spiced Corn	Roasted Kumara & Steamed Wild Rice	Mash potato & Garlic Bread
Vegetables	A Selection of Hot Seasonal Vegetables						
Salads	A Full Salad Bar for Make Your Own Salads Including a Pasta or Potato Salad						

EXAMPLE MENU: Massey University Cycle 1 Week 3

LUNCH

Lunch	MYO Bowl	MYO Baps	Butter Chicken	MYO Noodles	MYO Turkish Kebabs	Saturday Brunch	Sunday Brunch
	Miso Chicken or Katsu Pork with Steamed Rice and a Range of Salads and Sauces	Curried Egg and Bacon or Herbed Chicken Mince w. a Range of Fresh Salads & Sauces	Authentic Butter Chicken w. Naan Bread & Rice	Egg Noodles w. Chilli Chicken or Sesame Pork and a Range of Vegetable Toppings & Sauces	Flatbread w. Grilled Chicken or Beef, Wild Rice, Tabbouleh and a Variety of Salads & Sauces	Sausages, Poached Eggs, Hash Browns, Spaghetti, Mushrooms, Crumpets & Maple Syrup, Berries, Bananas, Yoghurt	Meat Pattie, Scrambled Eggs, Hash Browns, Baked Beans, Spinach, Pancakes & Maple Syrup, Berries, Bananas, Yoghurt
Vegetarian & Vegan Option	MYO Bowl	MYO Baps	Kali Dal	MYO Noodles	MYO Turkish Kebabs	Saturday Brunch	Sunday Brunch
	Miso Tofu with Steamed Rice and a Range of Salads and Sauces	Scrambled Tofu w. Spinach and a Range of Fresh Salads & Sauces	An Authentic Creamy Dhal in a Creamy Coconut Sauce w. Naan Bread & Rice	Rice Noodles w. Sesame Tofu or Balsamic Mushrooms and a Range of Vegetable Toppings & Sauces	Flatbread w. Mini Falafel Patties, Roast Vegetables, Tabbouleh and a Variety of Salads & Sauces	Scrambled Tofu, Hash Browns, Spaghetti, Mushrooms, Bananas, Berries, Soy Yoghurt	Brunch Cake, Hash Browns, Baked Beans, Spinach, Bananas, Berries, Soy Yoghurt
Salads	A Full Salad Bar for Make Your Own Salads Including a Pasta or Potato Salad						
The Bread Company	Club Sandwich	Wrap	Sub	Panini	Burger		

DINNER

Option One	Teriyaki Meatballs	Mexican Fiesta	Chicken and Bacon Carbonara	Fish 'n' Chips	Taco Friday	Macaroni Cheese	Sunday Roast
Option Two	Mediterranean Baked Chicken Pieces	Mexican Style Chicken or Beef w. a Range of Fresh Salads, Salsa & Sauces	Spaghetti Bolognaise	Chicken Tenders	Chipotle Chicken or Spiced Fish w. a Range of Slaws & Sauces	Tangy Chicken Pieces	Roast Pork or Beef w. Roast Vegetables, Apple Sauce & Gravy
Vegetarian & Vegan Option	Sweet and Sour Beans and Vegetables	Mexican Black Beans and Chipotle Mushrooms w. a Range of Fresh Salads, Salsa & Sauces	Spaghetti w. Plant Based Chicken Mince Alternative & Roast Vegetables	Vegan Samosas & Spring rolls w. Chutney	Spicy Black Bean Mix w. a Range of Slaws & Sauces	Vegan Macaroni w. Plant Based Beef Mince Alternative	Tempeh Pad King
Starch	Spiced Herbed Couscous & Garlic Roast Potatoes	Tortillas & Nachos	Fresh Bread Rolls & Diced Herbed Potatoes	Hot Chips & Wild Rice	Tacos & Mexican Rice	Garlic Focaccia & Quinoa Trio	Rosemary Potatoes & Grilled Paprika Pumpkin
Vegetables	A Selection of Hot Seasonal Vegetables						
Salads	A Full Salad Bar for Make Your Own Salads Including a Pasta or Potato Salad						

