

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST		Assorted Cereals and Porridge, Fruit, Yoghurt, Prunes, Toast (Wholemeal or White High Fibre bread) and Spreads, Tea, Coffee and a variety of Juices.						
		Scrambled Eggs and Poached Eggs.						
		Grilled Tomato with Herbs & Cheddar Cheese	Spaghetti in a Tomato Sauce	Sautéed Button Mushrooms in Cream	Pork chipolatas	Hash Browns	Baked beans	Grilled Bacon
MORNING TEA		Fresh Fruit Platters, Tea, Coffee, Juices with a selection of						
		Danishes Pastries, Croissants Sweet or Savoury, Banana Slice, Pikelets with Jam & Cream, Scones with Jam & Cream, Lamingtons, Mini Muffins						
LUNCH Served with a variety of Juices	MAIN MEAL	Chicken Mushroom & Leek Pie	Honey, Garlic & Soy Roasted Chicken Drumsticks	Roasted Turkey With Cranberry Sauce	Indian Lamb Curry	Crumbed Fish Fillets	Grilled Chorizo Sausage in a light creamy Risotto	Roast Beef With a Mustard Crust & Seasoning
	2nd CHOICE	Spaghetti Bolognese	Seared Salmon Steak with Hollandaise Sauce	Smoked Fish In White Wine Sauce	Roasted Chicken Maryland in Garlic & Sage	Lemongrass Chicken	Veal Cordon Bleu	Baked Chicken Parmigianino
	VEGETABLE & SIDE DISHES	Greek Salad Baby Peas Mashed Potato	Herb Buttered Chats Potatoes Broccoli Carrots	Roasted Potato & Sweet Potato Baby Peas	Pilaf Rice Butter Beans Brussel Sprouts	Hot Chips Potato Salad Broccoli	Baked Sweet Potato Wedges Green Beans Sweet Corn	Roasted Potato & Pumpkin Baby Peas
	PUREE	Puree Meals will be the same or a variation of the above Main Meal choices.						
	DESSERT 2nd CHOICE	French Cheese cake	Peaches & Cream	Jelly With Fruit	Custard Danish	Black Forest Cake	Jelly	Vanilla Rice Pudding
		Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream
AFTERNOON TEA		Tea, Coffee & a Selection of Juice, Fruit and Sandwiches, Assorted Cakes, Cheese and Crackers.						
DINNER Served with a variety of Juices	SOUP	Pumpkin	Potato & leek	Pea & Ham	Cream of Chicken & Corn	French Onion	Asparagus	Cream of Tomato Soup
	HOT MEAL Served with Vegetables	Oven Baked Fish Fingers with Tartar Sauce	Spinach & Ricotta Cheese Filo Pastry Triangle	Selection of Gourmet Pies	Potato Bake With Onions & Capsicum	Quiche Lorraine	Salmon Patties with a Cream of Tatar Sauce	Vegetable Lasagna
	2nd CHOICE	Assorted Salads or Sandwiches are available as an alternative to the hot meal.						
	DESSERT 2nd CHOICE	Poached Fruits In Custard	Lemon cake	Crème Caramel	Chocolate Mousse	Poached Pears & Custard	Caramel Mud Cake	Lemon Curd Flan
		Ice cream	Ice cream	Ice cream	Ice cream	Ice cream	Ice cream	Ice cream
SUPPER		Sandwiches, Tea, Coffee, Chocolate & Plain Biscuits, Fruit Cake and Milo.						

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST		Assorted Cereals and Porridge, Fruit, Yoghurt, Prunes, Toast (Wholemeal or White High Fibre bread) and Spreads, Tea, Coffee and Variety of Juices						
		Grilled Tomato with Herbs & Cheddar Cheese	Sautéed Button Mushrooms & Onions	Grilled Bacon	Chicken Chipolatas	Potato Gems	Baked beans	Pancakes with Maple Syrup or Cream
MORNING TEA		Fresh Fruit Platters, Tea, Coffee, Juices with a selection of						
		Danishes Pastries, Croissants Sweet or Savoury, Banana Slice, Pikelets with Jam & Cream, Scones with Jam & Cream, Lamingtons, Mini Muffins						
LUNCH Served with a variety of Juices	MAIN MEAL	Steak & Mushroom Pie	Light Chilli & Garlic Prawns With Rice	Roast Lamb Infused with Garlic & Rosemary	Chicken Korma	Battered Fish Fillets	Chicken Kiev	Roast Pork With Apple Sauce
	2nd CHOICE	Lemon & Herb Baked Fish	Creamy Chicken Fettuccini	Chicken & Asparagus Vol Au Vent	Salmon with Spring Vegetable Pasta Bake	Satay Chicken With Rice	Beef Stroganoff With Macaroni	Beef Cannelloni
	VEGETABLE & SIDE DISHES	Caesar Salad Baby Peas Sweet Potato Mash	Rice Green Beans Carrots	Roasted Potato & Sweet Potato Baby Peas	Yellow Squash Brussels Sprouts Rice	Hot Chips Green Salad Steamed Carrots	Baked Sweet Potato Wedges Broccoli Sweet Corn	Roasted Potato & Pumpkin Baby Peas
	PUREE	Puree Meals will be the same or a variation of the above Main Meal choices.						
	DESSERT 2nd CHOICE	Jelly Ice Cream	Chocolate Bavarian Ice Cream	Apple Pie with cream Ice Cream	Vanilla Rice Pudding Ice Cream	Cookies & Cream Cheese Cake Ice Cream	Sticky Date Pudding Ice Cream	Jelly Ice Cream
AFTERNOON TEA		Fresh Fruit, Tea, Coffee, Juices and Sandwiches, Biscuits, Assorted Cakes, Cheese and Crackers.						
DINNER Served with a variety of Juices	SOUP	Pumpkin	Potato & Leek	Pea & Ham	Cream of Chicken & Corn	French Onion	Asparagus	Cream of Tomato Soup
	HOT MEAL Served with Vegetables 2nd CHOICE	Chicken Garlic Butter Bites	Quiche Florentine	Fish Cocktails with Tartare Sauce & Lemon wedges	Home Make Chicken & Spring Onion Sausage Roll	Cocktail Frankfurt's With Mash & Tomato Sc	Chicken Tenders with Honey Mustard Sauce Roasted Potato	Beef Rissoles in a Pepper Sauce
	DESSERT 2nd CHOICE	Warm Peach & Apple Danish Ice cream	Hazelnut Mousse With Chocolate Sauce Ice cream	Triple Jellied Fruit & Sponge with Custard & Cream Ice cream	Pavlova with Passion & Cream Ice cream	Crème Brulee Ice cream	Caramel cream Pears Ice cream	Carrot Cake Ice cream
	SUPPER		Sandwiches, Tea, Coffee, Chocolate & Plain Biscuits, Fruit Cake and Milo.					