

WEEK1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST CHOICES							
BREAKFAST CHOICES	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt OR Scrambled Eggs with Bacon	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt OR Cheese Omelette	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt OR Pancakes	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt
MORNING TEA	Blueberry Muffins	Clix Biscuits and Dip	Banana Cake	Choc Chip Biscuits	Fruit Cake	Red Velvet Cupcakes	Scones with Jam and Cream
LUNCH CHOICES							
LUNCH CHOICES	Beef and Mushroom Casserole OR Braised Lamb OR Ham Salad OR Assorted Sandwiches	Honey Mustard Pork OR Chicken and Leek Pie OR Roast Beef Salad OR Assorted Sandwiches	Traditional Corned Beef OR Grilled Barramundi with lemon Hollandaise Sauce OR Egg Salad OR Assorted Sandwiches	Shepherds Pie OR Veal Schnitzel OR Corned Beef Salad OR Assorted Sandwiches	Fish and Chips OR Pork Sausages with Onion & Tomato Gravy OR Chicken Salad OR Assorted Sandwiches	Lemon and Herb Roasted Chicken Thigh OR Beef Satay OR Tuna Salad OR Assorted Sandwiches	Roast Pork with Apples OR Roast Lamb with Rosemary Gravy OR Salmon and Cucumber Salad OR Assorted Sandwiches
VEGETABLES	Country Mustard Potatoes Steamed Broccoli Yellow Beans	Sweet Potato Mash Wilted Leafy Greens Roasted Field Mushrooms	Mashed Potatoes Green Beans Buttered Baby Carrots	Steamed Chat Potatoes Roast Pumpkin & Peas with Mint & Garlic Butter Steamed Mixed Vegetable Medley	Chips Coleslaw Mushy Peas	Steamed Chat Potatoes Vegetable Medley (Broccoli, Carrot and Cauliflower Yellow Beans	Roast Potatoes Brussel Sprouts Roasted Root Vegetable Medley



WEEK1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DESSERT	Apple and Rhubarb Pie	Vanilla Panna Cotta with Mango Coulis	Steamed Self Saucing Berry Cake	Stickydate Pudding with Ice Cream	Jellied Berries	Apple Pie with Custard	Pavlova with Fresh Fruit
DINNER CHOICES							
SOUP	Cream of Tomato and Basil Soup	Chicken Noodle Soup	Smooth Potato and Leek Soup	French Onion Soup	Blended Cream of Mushroom Soup	Chunky Spring Vegetable Soup	Smooth Roast Root Vegetable soup
DINNER CHOICES	Mango Chicken Curry OR Ham Salad OR Assorted Sandwiches	Salmon Patties OR Roast Beef Salad OR Assorted Sandwiches	Chicken in Creamy Tarragon Sauce OR Egg Salad OR Assorted Sandwiches	Chinese BBQ Pork OR Corned Beef Salad OR Assorted Sandwiches	Spanish Frittata OR Chicken Salad OR Assorted Sandwiches	Cornish Pasties OR Tuna Salad OR Assorted Sandwiches	Scrambled Eggs with Bacon OR Salmon and cucumber Salad OR Assorted Sandwiches
VEGETABLES	Steamed Rice Selection of Seasonal Vegetable	Scalloped Potato Bake Mushy Peas	Warm Potato Salad Roasted Zucchini	Steamed Basmati Rice Asian Mixed Vegetables	Sweet Potato Mash Yellow Beans	Potato Gratin Broccoli, Carrot, Cauliflower & Beans	Hash Browns Wilted Spinach
DESSERT	Fresh Fruit Salad	Chocolate Pudding	Mango Sponge with Passionfruit Sauce	Golden Syrup Pudding	Banana Cheesecake	Caramel Mousse	Tinned Fruit and Custard



WEEK2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST CHOICES							
BREAKFAST CHOICES	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt OR Scrambled eggs with Bacon	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt OR Bacon and Tomatoes with Poached Eggs	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt OR Baked Eggs in Tomatoes	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt
MORNING TEA	Chocolate Biscuits	Strawberry Muffins	Mini Sausage Rolls	Carrot Cake	Pikelets with Jam and Cream	Marshmallow Slice	Date Scones
LUNCH CHOICES							
LUNCH CHOICES	Mild Lamb Curry OR Pork & Plum Sauce Stir Fry OR Chicken Salad OR Assorted Sandwiches	Monthly Mixed Grill (Changing selection of BBQ meats) OR Corned Beef Salad OR Assorted Sandwiches	Pickled Pork OR Vegetarian Lasagne OR Salmon and Cucumber Salad OR Assorted Sandwiches	Turkey a la King OR Irish Stew OR Ham Salad OR Assorted Sandwiches	Fish and Chips OR Cheeseburger OR Roast Beef Salad OR Assorted Sandwiches	Tuscan Lamb Ragout OR Pork & Apple Patties OR Curried Egg Salad OR Assorted Sandwiches	Roast Chicken Thigh Fillets OR Roast Beef with Thyme Gravy OR Tuna Salad OR Assorted Sandwiches
VEGETABLES	Steamed Rice Asian Mixed Vegetables Wilted Spinach	Baked Potato Wedges Pasta Salad Mixed Salad	Sweet Potato Mash Brussel Sprouts Honey Glazed Carrots	Scalloped Potatoes Roasted Root Vegetable Medley Wilted Leafy Greens	Chips Coleslaw Mushy Peas	Country Mustard Potatoes Cauliflower Bake Peas	Baked Rosemary Potatoes Green Beans Roasted Root Vegetable Medley
DESSERT	Lemon Meringue Pie with Whipped Cream	Vanilla Panna Cotta with Coffee Cream	Bread and Butter Pudding	Self Saucing Chocolate Pudding	Apricot Pie	Apple and Rhubarb Crumble	Berry Crumble



WEEK2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER CHOICES							
SOUP	Blended Cream of Chicken Soup	Chunky Minestrone Soup	Smooth Blended Broccoli and Cheese Soup	Vegetable Broth	Smooth Roast Pumpkin Soup	Chunky Red Lentil Soup	Thick Pea and Ham Soup
DINNER CHOICES	Ham, Vegetable and Potato Bake OR Chicken Salad OR Assorted Sandwiches	Toasted Ham and Cheese Sandwiches OR Corned Beef Salad OR Assorted Sandwiches	Feta Spinach Quiche OR Salmon and cucumber Salad OR Assorted Sandwiches	Sweet and Sour Pork OR Ham Salad OR Assorted Sandwiches	Braised BBQ Steak OR Roast Beef Salad OR Assorted Sandwiches	Cod, Leek and Potato Bake OR Curried egg salad OR Assorted Sandwiches	Vegetable Patties with Tomato Relish OR Tuna Salad OR Assorted Sandwiches
VEGETABLES	Garlic Bread Side Salad	Side Salad	Steamed Chat Potatoes Greek Salad	Steamed Basmati Rice Asian Mixed Vegetables	Parmesan Mashed Potatoes Mushy Peas	Baked Potato Wedges Garden Salad	Roast Sweet Potato Wedges Wilted Spinach
DESSERT	Baked Strawberry Cheesecake	Apple and Cinnamon Sponge with Custard	Berrymisu	Flummery	Two Fruit Trifle	Carrot Cake with Orange Cream	Chocolate Cake with Cream



WEEK3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST CHOICES							
BREAKFAST CHOICES	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt OR Poached Eggs & Creamy Mushrooms	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt OR Fried Eggs with Pork ChipolataSausages	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt OR Pancakes	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt
MORNING TEA	Caramel Slice	Pizza Muffin	Choc Chip Biscuits	Pikelets with Raspberry Jam	Chocolate Coconut Rough Slice	Vanilla Sponge	Savoury Scones
LUNCH CHOICES							
LUNCH CHOICES	Lamb Meatloaf OR Garlic Cream Prawns OR Ham Salad OR Assorted Sandwiches	Baked Salmon with Creamy Dill Sauce OR Roast Vegetable Pastry Pin wheel OR Curried Egg Salad OR Assorted Sandwiches	Traditional Corned Beef OR Grilled Lemon Chicken OR Prawn Salad OR Assorted Sandwiches	Home Style Lasagne OR Lamb & Fetta Meatballs OR Roast Beef Salad OR Assorted Sandwiches	Fish and Chips OR Bacon Carbonara OR Chicken Salad OR Assorted Sandwiches	Sausages & Onion Gravy OR Mild Indian Chicken (Tandoori) OR Corned Beef Salad OR Assorted Sandwiches	Roast Pork with Apples OR Roast Lamb Leg with Mint Gravy OR Tuna Salad OR Assorted Sandwiches
VEGETABLES	Parmesan Mashed Potatoes Green Beans Wilted Leafy Greens	Baked Rosemary Potatoes Buttered Baby Carrots Steamed Broccoli	Steamed Chat Potatoes Braised Cabbage Buttered Baby Carrots	Mashed Potatoes Greek Salad	Chips Coleslaw Mushy Peas	Steamed Rice Asian Mixed Vegetables Steamed Mixed Vegetable Medley	Crunchy Roast Potatoes Roasted Root Vegetable Medley Steamed Broccoli
DESSERT	Pavlova	Apple Crumble	Baked Raspberry Cheesecake	Baked Caramel Pears	Rocky Road Slice with Whipped Cream	Upside Down Apricot Sponge	Strawberry Panna Cotta
AFTERNOON TEA	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits



WEEK3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER CHOICES							
SOUP	Beef Broth	Cream of Sweet potato and Red Lentil Soup	Chunky Chicken and Sweet Corn Soup	Moroccan Vegetable Soup	Chunky Potato and Leek	Smooth Carrot and Cumin Soup	Chicken Noodle Soup
DINNER CHOICES	Braised Steak and Onions OR Ham Salad OR Assorted Sandwiches	Devilled Sausages OR Curried egg salad OR Assorted Sandwiches	Sticky BBQ Pork OR Prawn Salad OR Assorted Sandwiches	Chicken and Creamy Mushroom Casserole OR Roast Beef Salad OR Assorted Sandwiches	Ham and Cheese Croissants OR Chicken Salad OR Assorted Sandwiches	Chicken Parmigiana OR Corned Beef Salad OR Assorted Sandwiches	Scrambled Eggs and Bacon OR Tuna Salad OR Assorted Sandwiches
VEGETABLES	Country Mustard Potatoes Garden Salad	Mashed Potatoes Mushy Peas	Warm Potato Salad Selection of Seasonal Vegetable	Potato Gratin Steam Mixed Vegetables	Side Salad	Garlic Bread Selection of Seasonal Vegetable	Hash Browns Wilted Spinach
DESSERT	Peaches with Ice Cream	Jelly with Cream	Impossible Pie	Lemon Curd Sponge Sandwich	Apple And Rhubarb Pie with Custard	Passion fruit Cheesecake	Cinnamon Pears with Ice Cream



WEEK4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST CHOICES							
BREAKFAST CHOICES	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt OR Scrambled Eggs	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt OR Bacon and Tomatoes with Poached Eggs	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt OR Croissants with Jam	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yoghurt
MORNING TEA	Passion Fruit Slice	Hedgehog Slice	Orange Poppy seed Muffins	Apple & Cinnamon Cake	Vegemite and Cheese Scrolls	Lamingtons	Pumpkin Scones with Butter
LUNCH CHOICES							
LUNCH CHOICES	Hungarian Lamb Stew OR Oven Baked Fish with Parsley Sauce OR Ham Salad	Chef's Special OR Chef's Special 2 OR Chicken Caesar Salad	Pickled Pork OR Roast Turkey & Cranberry OR Curried Egg Salad	Chicken Schnitzel with Mushroom Sauce OR Classic Shepherd's Pie OR Tuna Salad	Fish and Chips OR Meat Pie OR Roast Turkey Salad	Braised Pork with Apricots OR Grilled Chicken with Peanut Satay Sauce OR Roast Beef Salad	Roast herb chicken with gravy OR Roast Beef with Thyme Gravy OR Salmon and Cucumber Salad
VEGETABLES	Cheesey Mashed Potatoes Steamed Carrots Green Beans	Chefs Choice Chefs Choice Chefs Choice	Sweet Potato Mash Brussel Sprouts Honey Glazed Carrots	Potato Salad Pasta Salad Cucumber, Mint and Feta Salad	Chips Coleslaw Mushy Peas	Roast Sweet Potato Honey Glazed Carrots Brussel Sprouts	Crunchy Roast Potatoes Roast Pumpkin Roasted Root Vegetable Medley
DESSERT	Pineapple Sponge Cake	Cherry Crumble	Victoria Sponge	Sago Pudding	Eton Mess	Coconut Mango Blancmange	Apple Charlotte



WEEK4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER CHOICES							
SOUP	Smooth Blended Cauliflower and Bacon Soup	Chunky Red Lentil Soup	Smooth Coconut Spiced Pumpkin Soup	Chunky Minestrone Soup	Smooth Blended Broccoli and Cheese Soup	French Onion Soup	Smooth Tomato Soup
DINNER CHOICES	Chicken & Pesto Pasta Bake OR Ham Salad OR Assorted Sandwiches	Sweet & Sour Pork OR Chicken Salad OR Assorted Sandwiches	Assorted Pizza Slices (Tomato, ham and Cheese Omelette's for soft) OR Curried egg salad OR Assorted Sandwiches	Beef Sausage in Onion Gravy OR Tuna Salad OR Assorted Sandwiches	Honey and Soy Chicken OR Roast Turkey Salad OR Assorted Sandwiches	Greek Lamb Risssoles OR Roast Beef Salad OR Assorted Sandwiches	Beef Lasange OR Caesar Salad OR Assorted Sandwiches
VEGETABLES	Garlic Bread Garden Salad	Steamed Rice Asian Mixed Vegetables	Garden Salad	Scalloped Potato Bake Selection of Seasonal Vegetable	Steamed Chat Potatoes Asian Mixed Vegetables	Baked Potato Wedges Greek Salad	Garlic Bread Garden Salad
DESSERT	Fruit Fool	Mango Sorbet	Black Forrest Cake	Jellied Fruit	Chilled Cinnamon Rice Pudding	Cherry Cobbler	Fruit of the forest Pudding

