

WEEK1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST CHOICES							
BREAKFAST CHOICES	Continental OR Bircher Muesli	Continental	Continental OR Poached Eggs with Sausage & Vegetable Mix	Continental	Continental	Continental	Continental
MORNING TEA	Rasin Scone	Peach and Ginger Smoothie	Apple Tea Cake	Mango and Banana Smoothie	Anzac Biscuits	White Chocolate & Raspberry Muffins	Walnut Tea Cake
LUNCH CHOICES							
LUNCH CHOICES	Pork Satay OR Braised Tofu	Traditional Corned Beef OR Vegetable Hash Cake	Chicken and Mushroom Casserole OR Sweet and Sour Cauliflower	Irish Stew (Lamb) OR Vegetable Stew	Beer Batter Fish OR Vegetable Stack	Sweet and Sour Chicken OR Vegetable Stir Fry	Roast Pork Belly OR Tortellini Spinach in whitewine sauce
VEGETABLES	Coconut Rice Stir Fried Vegetables	Crushed Potato Roasted Beetroot Silverbeet	Pasta Rissoni Roast Pumpkin Peas	Steamed Potatoes Carrots Peas	Potato Chips Greek Salad	Stir Fried Vegetables	Roast Potatoes Roast Root Vegetables Beans
DESSERT	Coconut Sago and Mango Pudding	Apple Crumble	Muscato Jelly	Black Forest Brownie	Chocolate Delice	Three Milk Cake	Bread and Butter Pudding



WEEK1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER CHOICES							
SOUP	Cream of Pumpkin	Spinach and Lemongrass Soup	Carrot, Lentil and Cummin Soup	Roasted Cauliflower and Bacon	Potato and Leek Soup	Tomato and Basil	Chicken Noodle Soup
DINNER CHOICES	Salmon and Potato Salad OR Assorted Sandwiches OR Assorted Salads	Pumpkin Ravioli in Basil Cream OR Assorted Sandwiches OR Assorted Salads	Beef Rissole with chunky tomato chutney OR Assorted Sandwiches OR Assorted Salads	Spinach Lentil and Pumpkin Lasagne OR Assorted Sandwiches OR Assorted Salads	Corned Beef Hash Cakes with Poached Egg OR Assorted Sandwiches OR Assorted Salads	Shepherds Pie OR Assorted Sandwiches OR Assorted Salads	Bacon, Mushroom & Sundried Tomato Tart OR Assorted Sandwiches OR Assorted Salads
VEGETABLES			Sweet Potato Mash with Mango Chutney	Tomato Sago and Buttered Broccoli		Crushed Minted Peas and Rosemary Juslie	Tomato Relish
DESSERT	Sticky Date Pudding	Chocolate Panacotta	Tiramisu	Icecream	Pavlova	Fresh Fruit Salad and Custard	Lychee Panacotta
SUPPER	Hot Drink (Tea, Coffee, Milo) with an assortment of Biscuits						



WEEK2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST CHOICES							
BREAKFAST CHOICES	Continental OR French Toast	Continental	Continental OR Scrambled Eggs with Bacon	Continental	Continental	Continental	Continental
MORNING TEA	Cheese Scones	Apricot Smoothie	Fruit Cake	Banana and Strawberry Smoothie	Anzac Biscuits	Pear and Prune Smoothie	Spinach and Feta Muffin
LUNCH CHOICES							
LUNCH CHOICES	Meat Loaf OR Mixed Bean Hot Pot	Mustard Pork Stew OR Frittata - Spinach and Vegetable	Braised Lamb Chops OR Pumpkin and Spinach Ravioli	Grilled Chicken Breast OR Ratatouille	Steamed Fish with Ginger Soy Sauce OR Cannelloni Vegetable and Bean Stew	Butter Chicken OR Macaroni Cheese	Roast Lamb with Mint Gravy OR Pumpkin Risotto
VEGETABLES	Potatoe Wedges Beans Carrots	Sweet Potato Mash Broccoli	Creamy Polenta Carrots Green Peas	Bea and Chorizo Cassoulet Spinach	Jasmine Rice Mix Vegetables	Pilaf Rice Mix Vegetables	Roast Potatoes Roast Pumpkin Mint Peas
DESSERT	Apple and Berry Crumble	Raspberry, Pistachio Whitechocolate Pound Cake	Brown Rice Pudding	Blueberry Frangipane Vanilla Mascapone Cream	Rose and Cardmom Pannacotta	Magomisu	Pavlova



WEEK2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER CHOICES							
SOUP	Creamy Chilli and Corn	Mushroom	Pea and Ham Soup	Carrot and Ginger Soup	Broccoli and Cheese Soup	Pumpkin and Corriander	Mixed Bean and Bacon
DINNER CHOICES	Mushroom Ragout Vol an Vent and creamy scrambled egg OR Assorted Sandwiches OR Assorted Salads	Jerk Chicken with chipotle mayo sauce OR Assorted Sandwiches OR Assorted Salads	Smoked Fish Cake with Hollendase Sauce OR Assorted Sandwiches OR Assorted Salads	Quiche Lorraine OR Assorted Sandwiches OR Assorted Salads	Spinach and Ricotta Cannelloni OR Assorted Sandwiches OR Assorted Salads	Egg Plant Moussaka OR Assorted Sandwiches OR Assorted Salads	Chicken Leek Pie OR Assorted Sandwiches OR Assorted Salads
DESSERT	Lemon Curd Mousse	Chocolate Eclair	Apple and Rhubarb Pie	Lemon Meringue Tart	Jeely and Custard	Chocolate Ripple Cake	Fruit Salad
SUPPER	Hot Drink (Tea, Coffee, Milo) with an assortment of Biscuits						



WEEK3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST CHOICES							
BREAKFAST CHOICES	Continental OR Pancakes	Continental	Continental OR Eggs (your choice)	Continental	Continental	Continental	Continental
MORNING TEA	Cheese Scones	Apricot Smoothie	Fruit Cake	Banana and Strawberry Smoothie	White Chocolate & Raspberry Muffins	Pear and Prune Smoothie	Spinach and Feta Muffin
LUNCH CHOICES							
LUNCH CHOICES	Pickled Pork OR Spanish Omelette	Roast Lamb with Mint Gravy OR Vegetable Pasta Bake	Apricot Chicken OR Moroccan Vegetables	Beef Bourguignon OR Cannelloni Pumpkin and Ricotta	Tempura Battered Fish with Tartare Sauce OR Tempura Vegetables	Osso Bucco OR Vegetable Stir Fry	Classic Roast Chicken OR Vegetable Mornay
VEGETABLES	Crushed Potato Baby Beet root Silverbeet	Couscous	Cinnamon Rice Maple Syrup Glazed Pumpkin Broccoli	Mashed Potatoes Carrots Brussel Sprouts	Potato Chips	Creamy Polenta Peas Carrots	Rosemary Roasted Potatoes
DESSERT	Apple and Berry Crumble	Rose and Cardmom Pannacotta	Raspberry, Pistachio Whitechocolate Pound Cake	Blueberry Frangipane Vanilla Mascapone Cream	Brown Rice Pudding	Magomisu	Pavlova



WEEK3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER CHOICES							
SOUP	Barley and Vegetable Soup	French Onion Soup	Broccoli Soup	Seafood Chowder	Sweet Potato and Cinnamon Soup	Beetroot and Balsamic	Cream of Asaragus
DINNER CHOICES	German Chipolatas OR Assorted Sandwiches OR Assorted Salads	Beef and Mushroom Pie OR Assorted Sandwiches OR Assorted Salads	Terayaki Salmon and Crispy Noodle OR Assorted Sandwiches OR Assorted Salads	Beef Guinness Pie OR Assorted Sandwiches OR Assorted Salads	Pumpkin Ravioli in Basil Cream OR Assorted Sandwiches OR Assorted Salads	Mediterranean Quiche OR Assorted Sandwiches OR Assorted Salads	Moroccan Lamb Rissoles OR Assorted Sandwiches OR Assorted Salads
DESSERT	Lemon Curd Mousse	Chocolate Eclair	Apple and rhubarb Compote	Lemon Meringue Tart	Jeely and Custard	Chocolate Ripple Cake	Ice Cream
SUPPER	Hot Drink (Tea, Coffee, Milo) with an assortment of Biscuits						



WEEK4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST CHOICES							
BREAKFAST CHOICES	Continental OR Pancakes	Continental	Continental OR Eggs (your choice)	Continental	Continental	Continental	Continental
MORNING TEA	Cheese Scones	Apricot Smoothie	Fruit Cake	Banana and Strawberry Smoothie	Anzac Biscuits	Pear and Prune Smoothie	Spinach and Feta Muffin
LUNCH CHOICES							
LUNCH CHOICES	Baked Creole Fish OR Spanish Omelette	Maroccan Lamb OR Vegetable Pasta Bake	Apricot Chicken OR Moroccan Vegetables	Beef Bourguignon OR Cannelloni Pumpkin and Ricotta	Tempura Battered Fish with Tartare Sauce OR Tempura Vegetables	Osso Bucco OR Vegetable Stir Fry	Classic Roast Chicken OR Vegetable Mornay
VEGETABLES	Crushed Potato Glazed Beetroot Silverbeet	Israeli Couscous	Cinnamon Rice Maple Syrup Glazed Pumpkin Broccoli	Mashed Potatoes Roasted Carrot Buttons Brussel Sprouts	Potato Chips Mixed Green Salad	Creamy Polenta Peas Carrots	Rosemary Roasted Potatoes
DESSERT	Apple and Berry Crumble	Rose and Cardmom Pannacotta	Raspberry, Pistachio Whitechocolate Pound Cake	Blueberry Frangipane Vanilla Mascapone Cream	Brown Rice Pudding	Magomisu	Pavlova



WEEK4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DINNER CHOICES							
SOUP	Barley and Vegetable Soup	French Onion Soup	Broccoli Soup	Seafood Chowder	Sweet Potato and Cinnamon Soup	Beetroot and Balsamic	Cream of Asaragus
DINNER CHOICES	German Chipolatas OR Assorted Sandwiches OR Assorted Salads	Beef Guinness Pie OR Assorted Sandwiches OR Assorted Salads	Terayaki Salmon and Crispy Noodle OR Assorted Sandwiches OR Assorted Salads	Cottage Pie OR Assorted Sandwiches OR Assorted Salads	Pumpkin Ravioli in Basil Cream OR Assorted Sandwiches OR Assorted Salads	Mediterranean Quiche OR Assorted Sandwiches OR Assorted Salads	Moroccan Lamb Rissoles OR Assorted Sandwiches OR Assorted Salads
DESSERT	Lemon Curd Mousse	Chocolate Eclair	Apple and Rhubarb Pie	Lemon Meringue Tart	Jeely and Custard	Chocolate Ripple Cake	Ice Cream & Topping
SUPPER	Hot Drink (Tea, Coffee, Milo) with an assortment of Biscuits						

