

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT BREAKFAST		Baked Beans on Toast		Grilled Tomato with Onion and Cheese			Poached Egg & Bacon
1st LUNCH MAIN CHOICE	Chicken Parmigiana	Braised Lamb Rissole	Pickled Pork with Parsley Sauce	Chinese Honey, Ginger & Sesame Chicken	Crumbed Fish with Lemon and Tartare	Cottage Pie	Roast & Seasoned Chicken
2nd LUNCH MAIN CHOICE	Open Tomato, Ham & Cheese Croissant Melt	Beef Lasagne	Pesto Vegetable Pasta Bake	Mongolian Beef Stir Fry	Char Sui Pork Stir Fry with Hokkien Noodles	Herbed Potato, Zucchini, Sundried Tomato Tart	Homestyle Rissoles with Dianne Sauce
A plated sandwich or salad is available every day as an alternative to lunch							
DINNER SOUP	Vegetable & Barley	Potato & Leek	Pea & Ham	Cream of Cauliflower	Tomato, Italian Bean & Basil	Cream of Chicken	Winter Vegetable Soup
DINNER MAIN CHOICE	Steamed Fish with Parsley Sauce & Mixed Veg Vegetables	Homestyle Chicken Casserole & Mashed Potato	Toasted Sandwich with Seasoned Wedges	Chefs Pizza of the Day	Spaghetti or Baked Beans on Toast	Grilled Sausages & Mash	Toasted Ham and Cheese Muffin Melt with Garden Salad
A plated salad is available every day as an alternative to dinner Fresh fruit is available at all meals.							



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT BREAKFAST		Baked Beans		Pancakes & Maple Syrup			Scrambled Egg & Bacon
1st LUNCH MAIN CHOICE	Chicken Schnitzel	Tandoori Lamb & Vegetables	Corned Beef & White Sauce	Plum Glazed Pork Meatloaf	Poached Fish with Tomato & Spanish Onion Salsa	Lamb Sausage Casserole	Roast Beef w Onion Gravy
2nd LUNCH MAIN CHOICE	Tuna & Vegetable Pasties	Spinach & Cheese Triangles	Veal Tortellini with Red Wine & Herb Italian Tomato Sauce	Chicken Caesar Salad	Macaroni & Cheese with Herb Bread	Quiche Lorraine	Spinach Ravioli with Tomato Sugo
<i>A Plated Sandwich or Salad is available every day as an alternative to Lunch</i>							
DINNER SOUP	Tomato & Basil	Minestrone	Mulligatawny	Spiced Sweet Potato	Cream of Cauliflower	Red Lentil & Vegetable	French Onion
DINNER MAIN CHOICE	Salmon & Chive Vol Au Vant with Chefs Salad	Chicken, Rosemary & Leek Frittata	Spring Rolls & Fried Rice	Mixed Toasted Sandwiches	Southern Fried Chicken with Coleslaw	Pasta Bolognaise	Country Chicken Patties with Mixed Vegetables
<i>A Plated Salad is available every day as an alternative to Dinner</i>							
<i>Note: Fresh Fruit will be available at all meals</i>							



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT BREAKFAST		Spaghetti in a Cheese Sauce		English Muffin			Scrambled Egg & Sausage
1st LUNCH MAIN CHOICE	Satay Chicken & Vegetables	Beef Stroganoff with Pasta	Traditional Meatloaf	Lambs Fry with Bacon	Battered Fish Fillets & Tartare	Shepherds Pie	Roasted Pork with Apple Gravy
2nd LUNCH MAIN CHOICE	Oven Baked Fish Cake	Pork Provencale	Vegetable Lasagne	Corn Fritters & Tomato Relish	Grilled Beef Sausages	Spring Rolls with Sweet Chilli Sauce	Spinach & Ricotta Lasagne
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
DINNER SOUP	Chicken Noodle	Beef & Veg. Broth	Potato & Pea	Chicken & Corn	Root Vegetables.	Potato & Leek	Bacon & Mushrooms
DINNER MAIN CHOICE	Crumbed Calamari & Coleslaw	Ham & Pineapple Pizza	Butter Chicken with Pilaf Rice	House Made Salmon Pattie w Chels Choice Salad	Party Pies with Gravy and Mushy Peas	Pot Pie	Mixed Toasted Sandwich
A Plated Salad is available every day as an alternative to Dinner							
Note: Fresh Fruit will be available at all meals							

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT BREAKFAST		Scrambled Egg & Hash Brown		Sautee'd Tomato & Onion on Toast			Poached Egg & Bacon
1st LUNCH MAIN CHOICE	Mango Coconut Curry Chicken	Caesar Salad	Roast Lamb with Mint Jelly	BBQ Day	Lemon Pepper & Butter Baked Fish	Apricot Chicken	Roast Pork with Apple Sauce
2nd LUNCH MAIN CHOICE	Spinach, Tomato & Cheddar Quiche	Individual Beef Pie	Vegetable Pastie		Hawaiian Ham, Steak	Crumbed Vegetable Pattie Parmigiana	Braised Steak Dianne
<i>A Plated Sandwich or Salad is available every day as an alternative to Lunch</i>							
DINNER SOUP	Pumpkin	Ham & Potato	French Onion	Potato & Leek	Broccoli & Spinach	Minestrone	Spring Vegetable
DINNER MAIN CHOICE	Sausage Rolls with Mashed Potato, Peas & Gravy	Boston Beans	Chicken Pot Pie	Pasta Bolognaise & Garlic Bread	Pork Sausage Casserole	Mixed Toasted Sandwiches	Cottage Pie
<i>A Plated Salad is available every day as an alternative to Dinner</i>							
Note: Fresh Fruit will be available at all meals							

