

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Main Meal Options	Braised Lamb Chops Or Smoked Salmon & Basil Quiche	Roast Cider Pork w/ Apple Sauce Or Chicken Green Curry	Steak & Mushroom Pie w/ Cheddar Crust Or Corn Zucchini & Feta Fritters	Roast Rolled Chicken w/ Gravy Or Spanakopita (Greek Style Veg Pie)	Battered Or Baked Fish Or Pulled Lamb w/ Rogan Josh Sauce	Lemon & Olive Chicken Drumsticks Or Veg Lasagna	Roast Beef w/ Red Wine Jus Or Lemon Pepper Fish Roll w/ Creamy Leek Sauce
	Potato & Vegetables	Mash Potato Honey Carrots Peas Corn & Capsicum Mix	Roast Potato Roast Pumpkin Peas	Sauté Potato Mixed Vegetables Braised Cabbage w/ Bacon	Lemony Roast Potato Cauliflower Cheese Roast Sweet Potato	Chips Coleslaw Mash Potato	Burnt Sage & Butter Potato Mustard Spring Greens Baton Carrot	Creamy Scallop Potatoes Roast Carrots Peas
	Other Veg	Beans	Roasted Onion	Beans	Tossed Silverbeet	Peas	Garlic Roasted Mushroom	Brussels Sprouts
	Dessert	Apple & Berry Crumble w/ Custard	Cream Rice & Rhubarb Compote	Pineapple Upside Down Cake w/ Custard	Mixed Berry Cheese Cake	Upside Down Jam Pudding w/ Vanilla Custard	Cream Caramel	Peach & Almond Cake w/ Cream
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Soup	Carrot & Coriander	Cauliflower & Bacon	Creamy Mushroom Soup	Lentil & Vege Soup	French Onion Soup w/ Parmesan Crisp	Chicken Leek & Thyme	Pumpkin & Parmesan
	Main Meal	Poached Cod w/ Creamy White Bean & Smoky Bacon Sauce	Steak Patty (Hache') Served w/ Béarnaise Sauce	Pork & Leek Sausage w/ Onion Gravy	Crumbed Chicken w/ Stroganoff Sauce	Veggie Meatballs w/ Rich Tomato Sauce	Gourmet Pies	Tuscan Chicken Pasta w/ Red Pesto Sauce
	Potato & Vegetables	Baked Garlic Potato Wedges Poached Beetroot	Thick Chips Roasted Garlic Mushroom	Mash Potato/ Carrot	Mash Potato/ Beans	Leek Gratin/Pumpkin & Potato Mash	Roasted Tomato / Peas	Tossed Seasonal Veg
	Dessert	Choc Mousse / Cream	Mandarin Jelly w/ Cream	Seasonal Fresh Fruit	Chocolate Bread & Butter Pudding w/ Cream	Jam & Cream Sponge	Pinnacoda Panna	Seasonal Fresh Fruit

Salad of the week: *Greek salad* Cold meat of the week: *Roast pork*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lunch	Main Meal Options	Dijon Chicken & Mushroom Casserole Or Parmesan & Leek Quiche	Roast Beef w/ Red Wine Jus Or Homemade Roasted Pumpkin & Spinach Lasagna	Beetroot Ginger Cured Roasted Salmon w/ Creamy Dill Sauce Or Fruity Lamb Tagine (N)	Roast Rolled Chicken Or Mediterranean Fish Parcel	Battered Or Bake Fish Or Portuguese Chicken Curry	Sweet & Spicy Chicken Drumsticks Or Tomato & Caramelized Onion Tart Tatin	Roast Lamb w/ Mint Sauce Or Mushroom & Leek Pasta Mornay
	Potato & Vegetables	Mash Potato Honey Carrots Peas Corn & Capsicum Mix	Roast Potato Roast Pumpkin Peas	Sauté Potato Mix Vegetables Braised Cabbage w/ Bacon	Roast Potato Cauliflower Cheese Roast Sweet Potato	Chips Coleslaw Mash Potato	Mash Potato Creamy Carrot Gratin Peas	Potatoes Dauphinoise Roast Carrot Beans
	Other Veg	Broad Beans	Peas	Broccoli	Baton Zucchini	Beans	Sautéed Cabbage	Brussels Sprouts
	Dessert	Impossible Pie w/ Cream	Cream Rice w/ Apricots	Pavlova w/ Fruit & Cream	Sultana Bread & Butter Pudding w/ Cream	Fruit Salad w/ Ice Cream	Rhubarb & Custard	Strawberry Delight

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Dinner	Soup	Cream of Chicken	Thai Sweet Potato	Cream of Tomato & Basil	Lentil & Vege	Minestrone	Leek & Potato	Sweet Potato & Carrot
	Main Meal	Sausage Rolls	Asian-Style Braised Lamb Chops	Chicken & Spinach Pasta Bake w/ Lemon Thyme Crumb	Mini Cheese & Tomato Croissants	Chicken Parmigiana	Beef Bolognese	Apricot Chicken
	Potato & Vegetables	Mash & Peas & Corn Mix	Potato & Pumpkin Gratin/ Ginger Pear Salsa	Carrot/ Peas	Green Salad	Baked Thyme Wedges/ Broccoli	Garlic Focaccia Bread/ Pasta	Mix Cauli & Broccoli / Mash
	Dessert	Mango Mousse	Seasonal Fruit	Pear & Ginger Crumble & Ice Cream	Spiced Apple Cheesecake	Creamy Sago w/ Mixed Berry Compote	Chef's Berry Panna	Seasonal Fruit

Salad of the week: *Apple slaw* Cold meat of the week: *Roast beef*

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Main Meal Options	Spanish Chicken Or Caramelized Onion & Goats Cheese Quiche	Roast Garlic & Rosemary Lamb Or Pesto Crusted Cod Steaks	Beef & Guinness Pie Or Homemade Roasted Veg Pizza	Chicken Cordon Bleu w/ Tarragon Cream Sauce Or Lamb Ragu Pasta Bake	Crumb/ Baked Fish Or Paneer Butter Masala	Fruity Beef Casserole Or Stir Fried Chicken Fajita	Roast Chicken w/ Gravy Or Pasta w/ Smoked Dill & Caper
	Potato & Vegetables	Parsley Potato Sliced Carrot. Peas	Roast Potato Broccoli w/ Cheesy Sauce Roast Sweet Potato	French Onion Potato Honey Carrots Baby Beans	Parmesan Potato Braised Cabbage Zucchini & Tomato	Chips Coleslaw Mash Potato	Mash Potato Parsley Carrots Broccoli	Roast Potato Roast Pumpkin Cauli Cheese
	Other Veg	Beans	Roasted Onion	Buttered Parsnips	Carrot	Peas	Peas	Silver Beet
	Dessert	Sticky Date Pudding w/ Cream	Cream Banana & Toffee Pie	Cherry Trifle w/ Whipped Cream	Golden Syrup Pudding w/ Custard	Custard & Jelly Fresh Fruit Cup	Mango Passion Fruit Panacotta	Wild Berry Pudding w/ Custard
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Soup	Broccoli & Leek	Minestrone	Beef & Vege	Chicken & Corn Soup	Cream of Tomato & Basil Soup	Spiced Lentil & Coconut Soup	Cream of Chicken
	Main Meal	Beef Lasagna	Five Spice Pork & Plum	Sage & Lemon Chicken Drumsticks	Beef Sausage w/ Red Wine Jus	Slow Cooked Jamaican Pork Shoulder	Lamb Moussaka	Meatballs In A Rich Ragu Sauce
	Potato & Vegetables	Garlic Bread/ Tomato Salad	Stir-Fry Veg/ Plain Rice	Smoked Paprika Wedges/ Broccoli	Welsh Mash/Peas	Sweet Potato Mash & Cilantro Buttered Corn	Roasted Medley of Veg	Spring Onion Mash/ Carrot
	Dessert	Mango Slices w/ Ice Cream	Seasonal Fruit	Brandied Pears w/ Vanilla Cream	Pineapple & Ginger Pavlova	Stew Apple / Custard	Mandarin Cheesecake	Seasonal Fruit

Salad of the week: *Tabbouleh (couscous, parley, mint, tomato & cucumber)* Cold meat of the week: *Roast lamb*

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Main Meal Options	Beef Stroganoff Or Pumpkin/ Feta/ Spinach Quiche	Cider Glazed Roast Pork Or Homemade Spinach & Ricotta Cannelloni	Roasted Salmon w/ Hollandaise Sauce Or Satay Beef	Silverside w/ Mustard Sauce Or Lambs Fry & Bacon	Crumbed/ Bake Fish Or Chicken Tikka Masala w/ Rice	Beef & Leek Cumberland Pie Or Ratatouille Pasta Bake	Roast Chicken w/ Gravy Or Beef Rissoles w/ Gravy
	Potato & Vegetables	Parsley Potato Peas Carrots	Roast Potato Roast Sweet Potato Broccoli	Scallop Potatoes Honey Carrots Baby Beans	Mash Potato Braised Cabbage Mash Pumpkin	Chips Coleslaw Beans	Mash Potato Parsley Carrots Broccoli	Roast Potato Roast Pumpkin Cauli Cheese
	Other Veg	Beans	Cauliflower	Zucchini	Carrot	Beans	Peas	Silver Beet
	Dessert	Apricot Dumpling w/ Vanilla Custard	Chocolate Pudding w/ Custard	Lemon Meringue Slice	Cream Sago w/ Apricots	Fruit Salad w/ Ice Cream	Cappuccino Crème Brulee	Jelly Fruit & Ice Cream
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Soup	Mix Pea & Vegetable	Pumpkin & Sage Soup	Beef & Vege Soup	Potato & Bacon Soup	Moroccan Tomato & Chickpea Soup	Lamb Neck & Pearl Barley Soup	Cream of Chicken
	Main Meal	Sweet & Sour Fish	Smokey Bbq Chicken Drumstick	Chicken Katsu w/ Curry Sauce	Rosemary Garlic Pork Chops w/ Apple Mushroom Sauce	Hash Brown & Bacon	Ham & Cheese Croissants	Chicken, Leek & Mushroom Pie
	Potato & Vegetables	Stir Fry Veg/ Rice	Leek & Potato/ Caramelized Bacon Peas	Sesame Broccoli & Capsicum /Sticky Rice	Almond Brussel Sprouts/Cheddar Mash	Bake Beans	Garden Salad	Mash/ Carrot & Pea Mix
	Dessert	Strawberry Mousse	Tiramisu	Fresh Orange Jelly Cups & Chocolate Cream	Jam & Cream Sponge	Apple Pie/ Cream	Chocolate Cheesecake	Puree Fruit

Salad of the week: *Nicoise (potato/beans/red onion/olive/tomato)* Cold meat of the week: *Roast chicken*