

WEEK FOUR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Orange Juice, Tea or Coffee Assorted Cereals, Porridge & Toast	Orange Juice, Tea or Coffee Assorted Cereals, Porridge & Toast Pancakes	Orange Juice, Tea or Coffee Assorted Cereals, Porridge & Toast	Orange Juice, Tea or Coffee Assorted Cereals, Porridge & Toast Poached Eggs & Bacon	Orange Juice, Tea or Coffee Assorted Cereals, Porridge & Toast	Orange Juice, Tea or Coffee Assorted Cereals, Porridge & Toast	Orange Juice, Tea or Coffee Assorted Cereals, Porridge & Toast
Morning Tea							
Lunch							
Main course							
- Option one	Chicken Casserole	Corned Silverside & Mustard Sauce	Chicken Parmigiana	Roast Beef & Gravy	Grilled Fish	Shepherds Pie	Roast Lamb & Gravy
- Option two	Braised Chops	Sausages	Crumbed Fish	Braised Chops	Chicken Thighs	Quiche	Braised Chops
Vegetables	Mashed Potato, Corn & Peas	Steamed Potato, Beans & Cabbage with Bacon	Rosemary & Garlic Potato, carrot Rings & Beans	Roast Potato, Roast Pumpkin & Peas	Chips, carrot Rings & Peas	Creamed Potato, Beans, Mashed carrot & parsnip	Roast Potato, Roast Pumpkin & Broccoli
Desert	Fruit & Custard	Trifle & Cream	Bread & Butter Pudding	Pineapple Upside Down Cake	Fruit Salad & Ice Cream	Baked Apple & Sultanas with Custard	Bananas & Custard
Afternoon tea	Happy hour. Cut up fruit	Grilled Hot Dogs & Cheese Rolls	Happy hour. Cut up fruit	Devonshire Tea	Happy hour. Cut up fruit	Assorted cakes & biscuits	Assorted cakes & biscuits
Dinner							
Soup	Minestrone	Pumpkin	Pea & Ham	Vegetable	Sweet Potato & Carrot	Beef & vegetable	Crème of Celery
Main course							
- Option one	Quiche & Salad	Fish Bites & Salad	Hot Dogs, Mashed Potato & Onion or Lambs Fry	Cold Meat & Salad	Ham Steak & Pineapple & Salad	Honey Soy Drumettes & Rice	Dim Sims & Salad
- Option two	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Scrambled Eggs on Toast	Baked Beans on Toast
Supper	Fresh Fruit & Assorted Sandwiches						
Menus are subject to change on short notice							