

WEEK ONE

	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	Pork Ribs with Plum Sauce	Meatloaf	Apricot Chicken	Roast Pork	Battered Fish	Chicken Schnitzel	Roast Beef
- Option two	Sausages	Braised Chops	Calamari	Sausages	Chicken Thighs	Braised Chops	Quiche
Vegetables	Beans, Cauliflower & White Sauce & Corn	Carrot rings, Rosemary & Garlic Potato's & Broccoli	Mashed Potato, Corn & Peas	Roast Potato, Roast Pumpkin & Beans	Chips, Carrot Rings & Beans	Mashed Potato, Beans, Mashed Carrots & parsnip	Roast Potato, Roast Pumpkin & Silver beet
Desert	Fruit & Custard	Trifle & Cream	Bread & Butter Pudding	Mousse & Fruit	Sticky Date Pudding	Apple Pie & Cream	Pavlova & Fruit
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	French Onion	Pumpkin	Crema of Chicken	Cauliflower	Sweet Potato & Carrot	Beef & vegetable	Tomato
Main course							
- Option one	Garlic Prawns	Chow Mein	Sausage Rolls & Salad	Lasagne & Salad	Pasties & Salad	Cold Meat & Salad	Fish Bites & Salad
- Option two	Scrambled Eggs on Toast	Sandwiches	Sandwiches	Scrambled Eggs on Toast	Sandwiches	Sandwiches	Sandwiches
Supper	Fresh Fruit & Assorted Sandwiches						
Menus are subject to change on short notice							

WEEK TWO

	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	Beef Casserole	Crumbed Cutlets or Sausages	Roast Lamb & Gravy	Corned Silverside	Crumbed Fish	Chicken Pie	Roast Pork Gravy & Apple Sauce.
- Option two	Calamari	Lasagne	Pork Schnitzel	Sausages	Chicken Thighs	Sausages	Braised Chops
Vegetables	Rosemary & Garlic Potato, Corn & Peas	Mashed Potato, Carrot rings & Peas	Roast Potato, Roast Pumpkin & Peas	Steamed Potato, Beans, & Cabbage and Bacon	Chips, Mashed Pumpkin & Broccoli	Mashed Potato, Beans, Mashed Carrots & Parsnip	Roast Potato, Roast Pumpkin & Silver beet
Desert	Fruit & Custard	Creamed Sago	Butterscotch Pudding & Cream	Bread & Butter Pudding	Panna Cotta & Berries	Layered Jelly & Cream	Mousse & Fruit
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	Curried Lentil	Potato & Leek	Pea & Ham	Pumpkin	Chicken Sweetcorn	Lamb & Vegetable	Cauliflower
Main course							
- Option one	Pesto Pasta	Chicken Balls in Sweet & Sour Sauce	Chicken Satay & Rice	Salmon Mornay & Pasta	Cold Meat & Salad	Vegetable Patties & Salad	Sausages & Gravy & Mashed Potato & Onion
- Option two	Scrambled Eggs on Toast	Sandwiches	Scrambled Eggs on Toast	Baked Beans	Sandwiches	Sandwiches	Sandwiches
Supper	Fresh Fruit & Assorted Sandwiches						
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WEEK THREE

	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	Sweet & Sour Chicken	Crumbed Cutlets (K&G Sausages)	Tortellini Carbonara	Char Sui Pork	Battered Fish	Meatleaf & BBQ Sauce	Roast Chicken & Gravy
- Option two	Braised Chops	Quiche	Crumbed Fish	Sausages & Mash	Chicken Thighs	Sausages	Quiche
Vegetables	Rice, Broccoli & Corn	Mashed Potato, Carrot Rings & Peas	Rosemary & Garlic Potato, Cauliflower with White Sauce & Beans	Roast Potato, Roast Pumpkin & Peas	Chips, Carrot Rings & Baked Pumpkin	Mashed Potato, Cabbage & Peas	Roast Potato, Roast Pumpkin & Beans
Desert	Golden Syrup Dumplings	Panna Cotta with Berries	Apple Crumble & Cream	Bread & Butter Pudding	Creamed Rice & Prunes	Layered Jelly	Pavlova & Fruit
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	Potato & Leek	French Onion	Crème of Chicken	Pumpkin	Vegetable	Lamb & Vegetable	Tomato
Main course							
- Option one	Macaroni Cheese	Sausage Rolls & Salad	Salmon Croquettes	Pork & Beef Meatballs & Pasta	Beef Stroganoff & Rice	Ham & Pineapple Pizza & Salad	Meat Pie & Sliced Tomato
- Option two	Scrambled Eggs on Toast	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
Supper	Fresh Fruit & Assorted Sandwiches						
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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						
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