

Fresh Fruit and Sandwiches Available Daily

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Full Breakfast	Choice of Breakfast Cereals, Porridge, Yoghurt, Stewed fruits, Toast, Spreads, Tea, Coffee, Orange Juice, Apple juice, Milk & Cold Meats available upon request						
	Sausage Breakfast Casserole	Spaghetti on Toast	Smoky Aussie Beans w Turkish Toast	Autumn Spinach, Bacon & Mozzarella Frittata	Avocado & Fetta on Toast with Poached Eggs	Scrambled Eggs & Bacon	Poached Eggs, Hashbrown & Grilled Tomato
Morning Tea	Apple Cinnamon Muffins	Mini Sausage Rolls	Tim Tams	Ham & Cheese Scrolls	Carrot Cake	Lamingtons	Lemon Cake
Soup	Crème of Tomato Soup	Carrot & Ginger Soup	Pea & Ham Soup	Potato & Corn Chowder	Roasted Cauliflower & Cheese Soup	Curried Sweet Potato & Coriander Soup	Cheesy Broccoli Soup
Main Meal Choice 1	Chicken Puttanesca	Creamy Pesto Chicken	Dill and Lemon Baked Salmon	Penne Bolognese	Fish & Chip Friday	Steak & Mushroom Goulash	Roast Beef & Yorkshire Pudding
Main Meal Choice 2	Crumbed Calamari	Corned Beef & Creamy Mustard Sauce	Moroccan Vegetable Stew	Vegetarian Patties	Beef Lasagne	Tandoori Lamb	Roasted Chicken
Vegetables	Garden Salad with Beetroot & Potato Wedges	Mashed Potato, Carrot & Cabbage	Herbed Chat Potato & Green Beans	Mashed Potato & Mixed Veggies	Wedges & Coleslaw	Rice & Wok Vegetables	Roast Potato, Pumpkin & Beans
Salad of the Day	Turkey & Garden Salad	Ham Salad with Tomato, Cucumber & Beetroot	Corned Beef Garden Salad	Chicken Caesar Salad	Roast Pumpkin & Feta Garden Salad	Potato, Bacon & Egg Salad with Asparagus	Ham & Cheese Salad
Sandwich	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches
Lunch Dessert	Apple And Berry Crumble With Custard	Tiramisu	Chocolate Brownie with Cream	Raspberry Swirl Cheesecake	Fresh Fruit Salad & Ice-Cream	Pineapple & Coconut Tapioca	Stickysdate Pudding with Butterscotch Sauce
Afternoon Tea	Assorted Biscuits & Finger Sandwiches	Assorted Biscuits & Fresh Baked Cookies	Assorted Biscuits & Scones	Assorted Biscuits & Egg Sandwiches	Assorted Biscuits & Pasties	Assorted Biscuits & Zucchini Slice	Assorted Biscuits & Jelly Cups
Soup	Asian Style Chicken & Sweetcorn Soup	Potato & Leek	Pumpkin & Chive Soup	Vegetable & Lentil Soup	Mushroom Soup	Crème or Asparagus Soup	Vegetable Soup
Evening Meal Choice 1	Ragu with Bow Tie Pasta	Braised Lamb Steak	Honey Mustard Chicken	Herb Crusted Fish	Curried Sausages	Caramelised Onion, Pumpkin & Fetta Tart	Seafood Pasta
Evening Meal - Toasted Sandwich	Ham, Cheese & Tomato Ham & Cheese Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado
Vegetables	Cauliflower & Peas	Mashed Potato, Pumpkin & Broccoli	Rice & Carrot/Broc/Cauli Mix	Sweet Potato Mash & Broccolini/Beans	Mashed Potato, Peas & Carrots	Herbed Chat Potato, Broccoli & Carrot	Greek Salad
Salad of the Day	Ham Salad with Tomato, Cucumber & Beetroot	Corned Beef Garden Salad	Chicken Caesar Salad	Roast Pumpkin & Feta Garden Salad	Potato, Bacon & Egg Salad with Asparagus	Ham & Cheese Salad	Roast Beef Salad
Sandwich	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches
Evening Dessert	Carrot & Orange Cake with Fresh Cream	Crème Caramel	Strawberry Mousse	Flavoured Ice-cream	Vanilla Pannacotta	Peaches & Cream	Ice-cream
Supper	Assorted Biscuits or Sandwich or Fresh Fruit	Assorted Biscuits or Sandwich or Fresh Fruit	Assorted Biscuits or Sandwich or Fresh Fruit	Assorted Biscuits or Sandwich or Fresh Fruit	Assorted Biscuits or Sandwich or Fresh Fruit	Assorted Biscuits or Sandwich or Fresh Fruit	Assorted Biscuits or Sandwich or Fresh Fruit

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Full Breakfast	Choice of Breakfast Cereals, Porridge, Yoghurt, Stewed fruits, Toast, Spreads, Tea, Coffee, Orange Juice, Apple juice, Milk & Cold Meats available upon request						
	Ham & Cheese Croissant with Eggs	Scrambled Eggs & Chipolatas	Poached Eggs and Sliced Avocado on Toast	Scrambled Eggs with Bacon	Baked Beans & Grilled Tomato	Breakfast Quiche	Savoury Mince on Toast
Morning Tea	White Chocolate Raspberry Muffins	Vegetarian Empanada	Fruit Cake	Sao, Tomato & Cheese	Chocolate Mud Cake	Blueberry Muffin	Scones
Soup	Pumpkin & Bacon Soup	Minestrone Soup	Chickpea & Leek Chowder	Carrot and Red Lentil Soup	Chicken Noodle Soup	Creamy Cauliflower with Cheese Soup	Sweet Potato & Roasted Carrot Soup
Main Meal Choice 1	Butter Chicken Pie	Chickpea and Tofu Curry with Rice (V)	Spinach, Fetta, Sundried Tomato Stuffed Chicken	Sweet & Sour Pork with Rice	Seafood Basket & Chips (Prawn Cutlet, Fish Cocktail, Salt & Pepper)	Irish Stew	Roast Lamb
Main Meal Choice 2	Pork Sausages	Creole Sausage Hot Pot	Pickled Pork	Mongolian Lamb	Peri-Peri Chicken with Yoghurt Dressing	Braised Beef Steak	Roast Pork
Vegetables	Scalloped Potato, Carrot & Peas	Turmeric Rice & Medley of Vegetables	Mashed Potato, Pumpkin & Broccoli	Steamed Rice & Wok Vegetables	Chips & Garden Salad	Mash, Roasted Sweet Potato & Corn	Roasted Potatoes, Pumpkin & Peas
Salad of the Day	Roast Beef Salad	Potato, Bacon & Egg Salad with Asparagus	Avocado & Tuna Garden Salad	Pickled Pork Salad with Tomato Cucumber and Beetroot	Marinated Chicken Salad with Tomato and Fetta	Spanish Lamb Salad	Mediterranean Salad
Sandwich	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches
Lunch Dessert	Honeyed Pear Teacake & Icecream	Apple Cinnamon Crumble & Fresh Cream	Blueberry Yoghurt Cake & Custard	Golden Syrup Bread & Butter Pudding with Cream	Ice-cream & Topping	Vanilla Rice Pudding	Plum Cobbler with Warm Custard
Afternoon Tea	Assorted Biscuits & Finger Sandwiches	Assorted Biscuits & Fruit Platter	Assorted Biscuits & Mini Muffins	Assorted Biscuits & Ham Cheese Sandwiches	Assorted Biscuits & Spinach Fetta Triangles	Assorted Biscuits & Fruit Platter	Assorted Biscuits & Jelly Cups
Soup	Orzo & Chickpea Soup	Chunky Vegetable Soup	Vegetable & Barley Soup	Chicken & Turmeric Soup	Broccoli & Leek Soup	Corn Chowder	Red Lentil & Caramelised Onion Soup
Evening Meal Choice 1	Slow Cooked Beef Stew with Fruit Chutney	Pan Fried Fish with Lemon Herb Sauce	Roast Beef	Thai Pork Rissoles	Creamy Mushroom & Ricotta Ravioli (V)	Garlic Prawns	Residents Choice - Home-Made or Dominos Pizzas
Evening Meal - Toasted Sandwich	Ham, Cheese & Tomato Ham & Cheese Roast Beef, Cheese & Relish Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Roast Beef, Cheese & Relish Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Roast Beef, Cheese & Relish Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Roast Beef, Cheese & Relish Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Roast Beef, Cheese & Relish Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Roast Beef, Cheese & Relish Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Roast Beef, Cheese & Relish Chicken, Cheese & Avocado
Vegetables	Mashed Potato, Brussel Sprouts	Eggplant Halloumi Bake & Baby Beans	Roasted Potato, Peas & Corn	Parsley Potato & Asparagus	Mixed Vegetables	Rice & Broccoli	Salad & Garlic Bread
Salad of the Day	Potato, Bacon, Egg with Asparagus Salad	Avocado & Tuna Garden Salad	Pickled Pork Salad with Tomato Cucumber and Beetroot	Marinated Chicken Salad with Tomato and Fetta	Spanish Lamb Salad	Mediterranean Salad	Chickpea, Roasted Capsicum & Ham Salad
Sandwich	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches
Evening Dessert	Stewed Fruits & Custard	Ice-cream	Rhubarb Fool	Bananas Foster with Ice-cream	Danish & Custard	Fresh Fruit Salad with Custard	Jelly & Ice-cream
Supper	Assorted Biscuits or Sandwich or Fresh Fruit	Assorted Biscuits or Sandwich or Fresh Fruit	Assorted Biscuits or Sandwich or Fresh Fruit	Assorted Biscuits or Sandwich or Fresh Fruit	Assorted Biscuits or Sandwich or Fresh Fruit	Assorted Biscuits or Sandwich or Fresh Fruit	Assorted Biscuits or Sandwich or Fresh Fruit

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