

**Fresh Fruit and Sandwiches Available Daily**



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						
	Pancakes with Maple Syrup	Bacon & Egg McMuffin	Scrambled Eggs with Spinach and sautéed Mushrooms	Poached Eggs with Baked Beans	Scrambled Eggs with Chicken Chipolata	Savoury Mince & Poached Egg	Scrambled Eggs with Grilled Herbed Tomato
Morning Tea	Orange Cake	Gingerbread Loaf	Cheese & Tomato Crackers	Blueberry Muffin	Carrot Cake	Strawberry Cream Sponge	Savoury Scrolls
Soup	Cauliflower Soup	Pumpkin & Sweet Potato Soup	Creamy Leek, Potato & Bacon Soup	Crème of Celery Soup	Chicken Noodle Soup	Hearty Lentil and Vegetable Soup	Minestrone Soup
Main Meal Choice 1	Lamb Sausages in Red Wine & Rosemary Sauce	Pork Medallion with a Honey & Garlic Glaze	Beef Stroganoff	BBQ	Fish & Chip Friday	Classic Bacon Meatloaf with a Tomato and Onion Gravy	Roast Beef with Yorkshire Pudding
Main Meal Choice 2	Tomato, Caramelised Onion & Spinach Tart	Chicken Kiev	Lamb Rissole with Onion Gravy	Baked Vegetarian Frittata	Grilled Lemon and Thyme Chicken Breast	Slow Cooked Paprika Chicken Casserole	Roast Lamb
Vegetables	Creamy Mash Potato, Smashed Peas & Carrots	Medley of Roasted Summer Vegetables	Mashed Potato, Beans	Pasta & Potato Salad	Potato Wedges & Chefs Salad	Mashed Potato, Carrots & Chinese Cabbage	Roast Potatoes, Baked Pumpkin with Green Beans
Salad of the Day	Pumpkin & Fetta Salad with Champagne Ham	Roast Pork & Garden Salad	Tomato Cucumber & Avocado Salad with Ham	Marinated Chicken Salad with Tomato and Fetta	Ham and Egg Garden Salad	Asian Slaw with Shredded Chicken	Tomato, Cucumber, Beans, Avocado, 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	Strawberry Shortcake	Banana Cake with Fresh Cream	Berries & Icecream	Apricot Danish & Custard	Ice Cream and Topping	Rice Pudding	Banana Custard
Afternoon Tea	Assorted Biscuits Egg Sandwiches	Assorted Biscuits Fruit Smoothies	Assorted Biscuits Fresh Fruit Platter	Assorted Biscuits Fruit Scones	Assorted Biscuits Vegetarian Pasties	Assorted Biscuits Jelly Cups	Assorted Biscuits Fresh Fruit Platter
Soup	Crème of Tomato & Basil Soup	Summer Vegetable Soup	French Onion	Vegetable & Chick Pea Soup	Beef With Vegetable soup	Crème of Chicken Soup	Thai Style Pumpkin Soup
Evening Meal Choice 1	Garlic Butter Salmon	Beef Lasagne	Butter Chicken	Slow Cooked Beef Casserole	Chicken Stir-fry	Tuscan Style Creamy Prawn Pasta	Homemade Fried Chicken
Evening Meal - Toasted Sandwich	Ham, Cheese & Tomato Ham & Cheese	Ham, Cheese & Tomato Ham & Cheese	Ham, Cheese & Tomato Ham & Cheese	Ham, Cheese & Tomato Ham & Cheese	Ham, Cheese & Tomato Ham & Cheese	Ham, Cheese & Tomato Ham & Cheese	Ham, Cheese & Tomato Ham & Cheese
	Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles	Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles	Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles	Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles	Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles	Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles	Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles
Vegetables	Chicken, Cheese & Avocado	Chicken, Cheese & Avocado	Chicken, Cheese & Avocado	Chicken, Cheese & Avocado	Chicken, Cheese & Avocado	Chicken, Cheese & Avocado	Chicken, Cheese & Avocado
Salad	Rice, Cauliflower & Green Beans	Italian Style Garden Salad & Garlic Bread	Rice & Medley Vegetables	Mashed Potato, Carrots & Peas	Fresh Hokkien Noodles & Stir-fried Broccoli & Causicum	Greek Salad	Chips & Coleslaw
Sandwich	Roast Pork & Garden Salad	Tomato Cucumber & Avocado Salad with Ham	Marinated Chicken Salad with Tomato and Fetta	Ham and Egg Garden Salad	Asian Slaw with Shredded Chicken	Tomato, Cucumber, Beans, Avocado, Cheese Salad	Roast Beef Salad
Evening Dessert	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches	Fresh Mixed Sandwiches
Supper	Baked Cheesecake	Stewed Fruits & Icecream	Citrus Mousse	Jelly & Ice Cream	Fresh Fruit & Yoghurt	Chocolate Bavarian	Peach Melba
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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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						
	Smashed Avo with Fetta	Poached Eggs with Bacon	Spaghetti & Eggs on toast	Scramble Eggs with Chipolatas	Poached Eggs with Sautéed Mushrooms on Toast	Baked Beans on Toast with Poached Eggs	Scrambled Eggs, Bacon & Grilled Tomato
Morning Tea	Choc Chip Muffin	Orange Cake	Sultana Cake	Lamingtons	Banana Bread	Raspberry White Choc Scones	Hummingbird Cake
Soup	Tomato & Basil Soup	Carrot & Ginger Soup	Pea & Ham Soup	Corn Chowder Soup	Roasted Cauliflower & Cheese Soup	Curried Sweet Potato & Coriander Soup	Minestrone Soup
Main Meal Choice 1	Creamy Garlic & Mushroom Chicken	Pan Fried Pork Steak with Pan Gravy	Corned Beef with a Sweet Mustard Sauce	Honey Soy Chicken	Fish & Chip Friday	Chicken Alfredo with Garlic Sauce	Roast Lamb served with Gravy & Mint Sauce
Main Meal Choice 2	Aussie Beef Pie	Tuna Patties	Lemon Thyme Roasted Chicken Thigh	Mongolian Beef	Roasted Vegetable Quiche	Slow Cooked Beef	Roast Chicken with Gravy
Vegetables	Mash Sweet Potato, Broccoli and Cauliflower	Baked Potato, Pumpkin & Zucchini	Mashed Potato, Carrot & Sautéed Cabbage	Rice & Medley of Vegetables	Chips & Coleslaw	Chive Mash, Peas & Carrots	Roasted Medley Vegetables and Broccoli & Cheese Bake
Salad of the Day	Roast Beef Salad	Ham Salad with Tomato, Cucumber & Beetroot	Chicken Caesar Salad	Corned Beef Garden 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	Fresh Fruit Salad with Ice Cream	Pineapple Cake with Fresh Custard	Banoffee Pie with Cream	Trifle	Flavoured Ice Cream	Apple & Plum Crumble with Custard	Baked Cheesecake
Afternoon Tea	Assorted Biscuits Chicken & Lettuce Sandwiches	Assorted Biscuits Fruit Smoothies	Assorted Biscuits Fresh Fruit Platter	Assorted Biscuits Cheese & Chive Scones	Assorted Biscuits Mini Quiches	Assorted Biscuits Jelly Cups	Assorted Biscuits Fresh Fruit Platter
Soup	Asian Style Chicken & Sweetcorn Soup	Potato & Leek	Pumpkin & Chive Soup	Vegetable & Lentil Soup	Creamy Mushroom Soup	Crème or Asparagus Soup	Summer Vegetable Soup
Evening Meal Choice 1	Pan Fried Fish in a creamy Lemon & Garlic sauce	Vegetable Lasagne	Curried Prawns	Braised Pork Steaks	Mango Chicken Salad	Baked Fish	Pork Sausages with Onion Gravy
Evening Meal - Toasted Sandwich	Ham, Cheese & Tomato Ham & Cheese Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado	Ham, Cheese & Tomato Ham & Cheese Chicken, Cheese & Mayo Corned Beef, Cheese & Pickles Chicken, Cheese & Avocado
Vegetables	Parmesan Mash, Peas & Zucchini	Garden Salad	Rice & Green Beans	Potato Bake, Peas & Pumpkin	Plated Mixed Salads	Rice & Medley of Vegetables	Parsley Mash with Beans and Carrots
Salad of the Day	Ham Salad with Tomato, Cucumber & Beetroot	Chicken Caesar Salad	Corned Beef Garden Salad	Roast Pumpkin & Feta Garden Salad	Potato, Bacon & Egg Salad with Asparagus	Ham & Cheese Salad	Italian Style Chicken 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 Cinnamon Apples with Custard	Jellied Two Fruits & Ice Cream	Pannacotta	Fresh Fruit & Yoghurt	Pavlova with Fresh Cream & Passionfruit Coulis	Jam & Cream Sponge	Sorbet
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

Scrambled Eggs with  
Chipolatas

Poached Eggs and Avocado  
on Toast

Scrambled Eggs with Bacon

Baked Beans & Grilled  
Tomato

Breakfast Casserole

Savoury Mince on Toast

Morning Tea

Cheese & Tomato Crackers

Mini Chocolate Muffin

Carrot Cake

Pikelet with jam & cream

Jam Drops

Tim Tams

Finger Sandwiches

Soup

Pumpkin & Bacon Soup

Thick Vegetable Soup

Carrot and Red Lentil Soup

Chickpea Chowder

Chicken Noodle Soup

Creamy Cauliflower with  
Cheese Soup

Sweet Potato & Roasted  
Carrot Soup

Main Meal Choice 1

Spanish Chicken Bake

Sliced Potato Top Beef Pie

Pickled Pork With a Parsley  
Sauce

Baked Salmon

Fish & Chip Friday

Normandy Pork Casserole

Roast Turkey with  
Cranberry Sauce

Main Meal Choice 2

Coconut Fish Curry

Honey Soy Chicken with  
Rice

Greek Rosemary & Garlic  
Sausages

Chicken Schnitzel with  
Gravy

Vegetable Korma

Creamy Pesto Parmesan  
Penne

Roast Chicken

Vegetables

Seasonal Vegetables

Beans, Carrots

Mashed Potato, Pumpkin &  
Peas

Scalloped Potato, Buttered  
Beans & Carrots

Chips & Coleslaw

Garlic Mash, Carrots &  
Sautéed Cabbage

Roast Potato, Peas with  
Cauliflower Mornay

Salad of the Day

Italian Style Chicken 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

Lamb, Tomato, Cucumber,  
Olive, Spanish, Fetta 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

Bakewell Tart with Cream

Apple Berry Danish &  
Custard

Blackforest Cake

Berry Compote & Custard

Ice Cream

Bread & Butter Pudding

Peach Melba

Afternoon Tea

Assorted Biscuits  
Vegemite & Cheese  
Sandwiches

Assorted Biscuits  
Fruit Smoothies

Assorted Biscuits  
Fresh Fruit Platter

Assorted Biscuits  
Fruit Scones

Assorted Biscuits  
Vegetarian Pasties

Assorted Biscuits  
Jelly Cups

Assorted Biscuits  
Fresh Fruit Platter

Soup

Chicken & Sweetcorn Soup

Broccoli & Leek Soup

Vegetable & Barley Soup

Chicken & Turmeric Soup

Chunky Vegetable Soup

Tomato Soup

Red Lentil & Caramelised  
Onion Soup

Evening Meal Choice 1

Lamb Rissoles

Red Emperor With a  
Parmesan & Herb Topping

Beef Burger

Roast Beef

Spaghetti & Meatballs

Pineapple Chicken

Braised Pork Sausage  
Creole Hot Pot

Evening Meal - Toasted  
Sandwich

Ham, Cheese & Tomato  
Ham & Cheese  
Chicken, Cheese & Mayo  
Corned Beef, Cheese &  
Pickles  
Chicken, Cheese & Avocado

Ham, Cheese & Tomato  
Ham & Cheese  
Chicken, Cheese & Mayo  
Corned Beef, Cheese &  
Pickles  
Chicken, Cheese & Avocado

Ham, Cheese & Tomato  
Ham & Cheese  
Chicken, Cheese & Mayo  
Corned Beef, Cheese &  
Pickles  
Chicken, Cheese & Avocado

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Corned Beef, Cheese &  
Pickles  
Chicken, Cheese & Avocado

Ham, Cheese & Tomato  
Ham & Cheese  
Chicken, Cheese & Mayo  
Corned Beef, Cheese &  
Pickles  
Chicken, Cheese & Avocado

Vegetables

Mashed Potato, Peas &  
Carrots

Chat Potatoes, Broccoli &  
Squash

Italian Style Garden Salad &  
Chips

Roasted Potatoes, Pumpkin  
& Peas

Mixed Veg & Garlic Bread

Mixed Vegetable Rice Pilaf

Sweet Potato Mash with  
Broccoli & Cauliflower

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

Lamb, Tomato, Cucumber,  
Olive, Spanish, Fetta Salad

Mediterranean Salad

Turkey 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

Jelly and Ice-cream

Lemon Meringue Pie

Strawberry Mousse

Fresh Fruit & Yoghurt

Poached Pears & Fresh  
Custard

Chocolate Brownie &  
Cream

Icecream & Topping

Supper

Assorted Biscuits or  
Sandwich or Fresh Fruit

Assorted Biscuits or  
Sandwich or Fresh Fruit

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Sandwich or Fresh Fruit

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