

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental breakfast</b>	Assorted cereals or porridge Fruit, yoghurt, toast (white, wholemeal), margarine or butter, choice of spreads and preserves Tea or coffee, milk, orange and apple juice						
<b>Cooked breakfast</b>	Scrambled eggs or hash browns	Scrambled eggs or baked beans	Scrambled eggs or spaghetti	Scrambled eggs or pancakes	Scrambled eggs or sauteed mushrooms	Scrambled eggs or Boston baked beans	Poached eggs or grilled bacon
<b>Morning tea</b>							
<b>Morning tea</b>	A selection of tea or coffee available						
<b>Bakery item</b>	Cinnamon cake	Fruit cake	Apple tea cake	Classic date scones	Orange cake	Cheese pinwheels	Chocolate cake
<b>Lunch</b>							
<b>Main choice 1</b>	Baked fish with lemon dill sauce or ricotta and spinach filo rolls	Beef schnitzel or corn, peas & cauliflower fritters	Traditional roast beef or bean and vegetable pie	Pickled pork with mustard sauce or oven baked stuffed cannelloni with pumpkin sage ricotta	Crumbed fish with lemon & tartare sauce or Hawaiian ham steak with cheese sauce	Lambs fry and bacon or salmon patties	Roast chicken or vegetable patties with tomato sauce
<b>Main choice 2</b>	Beef bolognaise with mashed potato, cauliflower & carrot or Shanghai pork with mashed potato carrot & cauliflower	Lamb shank casserole with mashed potato, sweet potato & roast beetroot or beef ragu with mashed potato, sweet potato & roast beetroot	Chicken & barley stew with mashed potato, pumpkin mash & sweet corn or peperonata (vegetable stew) with mashed potato, pumpkin mash & sweet corn	Sweet & sour pork with mashed potato, pumpkin mash & spinach or Greek oregano lamb with mashed potato, mushy peas & roast beetroot	Salmon in white sauce with mashed potato, roast beetroot & mushy peas or Greek oregano lamb with mashed potato, mushy peas & roast beetroot	Lemon chicken with mashed potato, carrot & polenta or turkey & cranberry sauce with mashed potato, carrot & polenta	Roast beef with mashed potato, mushy peas, tomato & onion or salmon primavera with mashed potato, mushy peas, tomato & onion
<b>Vegetables</b>	Mashed potatoes, steamed zucchini & corn kernels	Potato bake, green peas & honey carrots	Roast potato, roast pumpkin & Brussel sprouts	Creamy mashed potato, braised cabbage & corn kernels	Chips & coleslaw	Steam rice, broccoli & steamed cauliflower	Roast potatoes, green beans & roast pumpkin
<b>Sandwiches</b>	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
<b>Salad</b>	Roast beef salad	Chicken salad	Cheese salad	Roast lamb salad	Corned beef salad	Salmon salad	Cheese salad
<b>Dessert</b>	Pavlova with passionfruit & whipped cream	Tiramisu	Lemon & lime cheesecake with custard	Fruit salad & whipped cream	Bread & butter pudding	Fruit crumble with ice cream	Strawberry upside down cake with custard
<b>Afternoon tea</b>							
<b>Afternoon tea</b>	A selection of tea or coffee available						

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bakery item</b>	Brownies	Butter cake	Cinnamon scrolls	Raspberry & coconut slice	Cheese & vegemite scroll	Assorted biscuits	Sao's with cheese
<b>Evening meal</b>							
<b>Dinner soup</b>	Lentil & vegetable soup	Cream of broccoli soup	Mushroom soup	Pumpkin soup	Corn chowder	Tomato soup	Potato & leek soup
<b>Main course 1</b>	Sweet & sour chicken	Salmon patties	Beef sausages in onion gravy	Chicken & vegetable crepe	Spring rolls with sweet chilli sauce	Curried prawns with vegetables	Seafood basket with lemon & tartare
<b>Main course 2</b>	Turkey & cranberry sauce with mashed potato, mushy peas & roast beetroot	Salmon primavera with mashed potato, pumpkin & sweet corn	Beef bourguignon with mashed potato, carrot & polenta	Lamb & red wine stew with mashed potato, sweet potato & cauliflower	Pumpkin coconut curry with mashed potato, sweet corn, tomato & onion	Southern style beef with mashed potato, cauliflower & spinach	Turkey & cranberry with mashed potato, sweet potato & sweet corn
<b>Accompaniment</b>	Steamed rice	Baked sweet potato wedges	Creamy mashed potato	Creamy potato salad	Fried rice	Mashed potatoes	Garden salad
<b>Sandwiches</b>	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
<b>Salad</b>	Tuna salad	Roast lamb salad	Chicken salad	Egg salad	Corned beef salad	Egg salad	Teriyaki beef salad
<b>Dessert</b>	Vanilla ice cream with topping	Two fruits & custard	Jellied fruit & whipped cream	Stewed apricots & custard	Stewed apples with cinnamon & custard	Vanilla ice cream with topping	Jelly
<b>Supper</b>	A selection of tea and coffee available Biscuits or sandwiches						

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental breakfast</b>	Assorted cereals or porridge Fruit, yoghurt, toast and preserves (white, wholemeal), margarine or butter, choice of spreads Tea or coffee, milk, orange and apple juice						
<b>cooked breakfast</b>	Scrambled eggs or sauteed mushrooms	Scrambled eggs or spaghetti	Scrambled eggs or hash browns	Scrambled eggs or chicken chipolatas	Scrambled eggs or grilled tomatoes	Scrambled eggs or baked beans	Poached eggs or grilled bacon
<b>Morning tea</b>							
<b>Morning tea</b>	A selection of tea or coffee available						
<b>Bakery item</b>	Banana cake	Assorted cream biscuits	Apple & custard teacake	Orange & poppy seed cake	Banana muffins	Luscious lemon cake	Raspberry & coconut slice
<b>Lunch</b>							
<b>Main choice 1</b>	Baked fish with cheese & parsley sauce or light & fluffy zucchini slice	Chicken parmigiana or ricotta & spinach filo rolls	Roast lamb with rosemary gravy or asparagus risotto	Corned silverside with white sauce or vegetarian cheese quiche	Battered fish with tartare & lemon or beef ravioli served with herbed tomato sauce	Baked sausage rolls with gravy or tuna pasta bake	Roast pork with apple sauce & gravy or vegetarian puffs with tomato relish
<b>Main choice 2</b>	Turkey & cranberry sauce with mashed potato, mushy peas & roast beetroot or southern style beef with mashed potato, mushy peas & roast beetroot	Pumpkin coconut curry with mashed potato, pumpkin mash & sweet corn or sweet & sour chicken with mashed potato, pumpkin mash & sweet corn	Lamb casserole with mashed potato, mushy peas & sweet potato or roast pork & apple sauce with mashed potato, pumpkin mash & sweet corn	Chicken teriyaki with mashed potato, cauliflower, tomato & onion or apricot lamb with mashed potato, mushy peas & sweet potato	Beef stroganoff with mashed potato, polenta & roast beetroot or salmon primavera with mashed potato, polenta & roast beetroot	Shanghai pork with mashed potato, spinach & carrot or lamb & red wine stew with mashed potato, spinach & carrot	Roast chicken with mashed potato, pumpkin mash & sweet corn or beef bourguignon with mashed potato, pumpkin mash & sweet corn
<b>Vegetables</b>	Potato gratin, buttered peas & corn kernels	Potato bake, broccoli & cauliflower mornay	Roast potato, green peas & roast pumpkin	Mashed potato, green beans & cauliflower	Chips & coleslaw	Baked sweet potato, cauliflower & green peas	Oven roasted potatoes, roast pumpkin & broccoli
<b>Sandwiches</b>	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
<b>Salad</b>	Roast beef salad	Chicken salad	Roast lamb salad	Egg salad	Salmon salad	Curried egg salad	Tuna salad
<b>Dessert</b>	Crème caramel & whipped cream	Apple & rhubarb crumble & ice cream	Creamed rice with pouring cream	Bread & butter pudding with ice cream	Steamed chocolate sponge & whipped cream	Pavlova with passionfruit & whipped cream	Chocolate panna cotta with ice cream
<b>Afternoon tea</b>							
<b>Afternoon tea</b>	A selection of tea or coffee available						

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bakery item</b>	Carrot cake	Peach sponge	Pear cake	Vanilla jam shortcake	Fruit cake	Seasonal sliced fruit with yoghurt	Apricot & almond biscuits
<b>Evening meal</b>							
<b>Dinner soup</b>	Cauliflower & leek soup	Minestrone soup	Chicken noodle soup	Cream of broccoli soup	Chicken & vegetable soup	Tomato soup	Red lentil & sweet potato soup
<b>Main course 1</b>	Sweet & sour pork	Cottage pie	Chicken & leek pie	Curried prawns with vegetables	Savoury mince	Spaghetti bolognese	Chicken dim sims with sweet chilli sauce
<b>Main course 2</b>	Greek oregano chicken with mashed potato, carrot & cauliflower	Beef stroganoff with mashed potato, spinach, tomato & onion	Salmon in white wine with mashed potato, carrot & sweet potato	Slow cooked pork casserole with mashed potato, pumpkin mash & sweet corn	Turkey & cranberry sauce with mashed potato, sweet potato, tomato & onion	Seasonal vegetable casserole with mashed potato, mushy peas & cauliflower	Chicken & barley stew with mashed potato, polenta & sweet potato
<b>Accompaniment</b>	Steamed rice	Beans	Oven baked potato wedges	Diced steam potatoes	Mashed potatoes & peas	Garlic bread	Fried rice
<b>Sandwiches</b>	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
<b>Salad</b>	Pasta salad	Roast lamb salad	Chicken salad	Egg salad	Salmon salad	Ham salad	Teriyaki beef salad
<b>Dessert</b>	Poached pears with custard	Upside down pineapple cake with custard	Chocolate mousse	Stewed apple & pear with custard	Ice cream cones	Brownies with pouring cream	Jellied fruit & custard
<b>Supper</b>	A selection of tea and coffee available Biscuits or sandwiches						

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental breakfast</b>	Assorted cereals or porridge Fruit, yoghurt, toast (white, wholemeal), margarine or butter, choice of spreads and preserves Tea or coffee, milk, orange and apple juice						
<b>Cooked breakfast</b>	Scrambled eggs or braised tomato	Scrambled eggs or grilled sausages	Scrambled eggs or bubble & squeak slice	Scrambled eggs or baked beans	Scrambled eggs or spaghetti	Scrambled eggs or hash browns	Poached eggs or grilled bacon
<b>Morning tea</b>							
<b>Morning tea</b>	A selection of tea or coffee available						
<b>Bakery item</b>	Rock cakes	Banana cake	Cinnamon cake	Carrot cake	Classic vanilla slice	Apple muffins	Scones with jam & cream
<b>Lunch</b>							
<b>Main choice 1</b>	Turmeric steamed fish with parsley sauce or vegetable & chickpea coconut curry	Pork schnitzel with apple sauce or eggplant schnitzel	Roast lamb with rosemary gravy or vegetable & chickpea slice	Pickled pork with mustard sauce or vegetarian lasagne	Herbed crumbed fish with lemon & tartare sauce or egg and bacon pie	Apricot chicken or lentil hotpot	Roast pork with apple sauce & gravy or Greek vegetarian moussaka
<b>Main choice 2</b>	Curried beef with mashed potato, mush peas & sweet potato or Greek oregano chicken with mashed potato, carrot & cauliflower	Greek oregano lamb with mashed potato, polenta & mashed carrots or salmon in white wine with mashed potato, polenta & mashed carrots	Slow cooked pork casserole with mashed potato, mushy peas, tomato & onion or turkey & cranberry with mashed potato, sweet potato & sweet corn	Sweet & sour chicken with mashed potato, sweet potato & roast beetroot or roast beef with mashed potato, sweet potato & roast beetroot	Salmon primavera with mashed potato, pumpkin & sweet corn or seasonal vegetable casserole with mashed potato, mushy peas & cauliflower	Beef ragu with mashed potato, mushy peas & cauliflower or Mediterranean lamb stew with olives & mashed potato, mushy peas & cauliflower	Roast pork & apple sauce with mashed potato, spinach & corn or chicken & tomato stew with mashed potato, roast beetroot & creamed spinach
<b>Vegetables</b>	Steamed potatoes, baked zucchini & sliced carrots	Sweet potato mash, green beans & cauliflower	Roast potatoes, corn kernels & roast pumpkin	Mashed potatoes, braised cabbage & sliced carrots	Chips & coleslaw	Boiled potatoes, buttered carrots, silverbeet spinach	Roast potatoes, roast pumpkin, cauliflower & broccoli gratin
<b>Sandwiches</b>	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
<b>Salad</b>	Salmon salad	Corned beef salad	Roast beef salad	Roast lamb salad	Roast turkey salad	Tuna salad	Corned beef salad
<b>Dessert</b>	Cinnamon rice pudding with custard	White chocolate & raspberry sponge with ice cream	Mixed berry compote & pouring cream	Bread & butter pudding with ice cream	Panna cotta & whipped cream	Sago pudding & custard	Chocolate mousse with ice cream
<b>Afternoon tea</b>							
<b>Afternoon tea</b>	A selection of tea or coffee available						
<b>Bakery item</b>	Cheese & vegemite scroll	Orange & poppy seed cake	Sao's with cheese	Mini savoury muffins	Passionfruit slice	Jatz with cheese	Sliced watermelon

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Evening meal</b>							
<b>Dinner soup</b>	Chicken noodle soup	Lentil & vegetable soup	Beef & barley soup	Tomato soup	Cauliflower & leek soup	Sweet potato & chickpea soup	Country vegetable soup
<b>Main course 1</b>	Meatballs in tomato sauce	Hoisin pork stir fry	Curried sausages	Supreme pizza	Chicken & vegetable crepe	Prawn fried rice	Crispy calamari with lemon & tartare
<b>Main course 2</b>	Turkey & cranberry sauce with mashed potato, pumpkin & cauliflower	Chicken teriyaki with mashed potato, spinach & sweet corn	Beef ragu with mashed potato, pumpkin & cauliflower	Pumpkin coconut curry with mashed potato, spinach & carrot	Beef & red win stew with mashed potato, polenta, tomato & onion	Roast chicken with mashed potato, sweet potato & roast beetroot	Lamb shank casserole with mashed potato, polenta & pumpkin mash
<b>Accompaniment</b>	Spaghetti	Hoisin noodles	Mashed potatoes & vegetables	Green salad	Creamy potato salad		Wedges & salad
<b>Sandwiches</b>	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
<b>Salad</b>	Chicken salad	Tuna salad	Marinated beef & potato salad	Ham salad	Corned beef salad	Roast beef salad	Roast lamb salad
<b>Dessert</b>	Crème caramel with butterscotch sauce	Plum pudding & custard	Cinnamon poached pears & custard	Apple & rhubarb compote with ice cream	Ice cream cones	Two fruits & pouring cream	Baked custard & sliced peaches
<b>Supper</b>	A selection of tea and coffee available Biscuits or sandwiches						

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental breakfast</b>	Assorted cereals or porridge Fruit, yoghurt, toast and preserves (white, wholemeal), margarine or butter, choice of spreads Tea or coffee, milk, orange and apple juice						
<b>Cooked breakfast</b>	Scrambled eggs or sauteed mushrooms	Scrambled eggs or hash browns	Scrambled eggs or baked beans	Scrambled eggs or braised tomato	Scrambled eggs or spaghetti	Scrambled eggs or Boston baked beans	Poached eggs or grilled bacon
<b>Morning tea</b>							
<b>Morning tea</b>	A selection of tea or coffee available						
<b>Bakery item</b>	Chocolate biscuits	Anzac slice	Madeira cake	Tea cake	Raspberry jam drops	Chocolate Jaffa muffins	Pikelets
<b>Lunch</b>							
<b>Main choice 1</b>	Baked fish with cheese & parsley sauce Or Pasta carbona	Chicken schnitzel with gravy Or Corn & zucchini fritters with tomato relish	Traditional roast beef Or Mushroom & lentil stew	Corned silverside with mustard sauce Or Salmon patties with lemon & aioli	Battered fish with tartare & lemon Or Vegetable korma	Beef rissoles Or Pumpkin, spinach & feta slice	Roast chicken with gravy Or Cheese arancini
<b>Main choice 2</b>	Chicken cacciatore with mashed potato, sweet potato & mushy peas Or Beef & red wine stew with mashed potato, sweet potato & mushy peas	Salmon in white wine with mashed potato, pumpkin mash & sweet corn Or Lamb shank casserole with mashed potato, pumpkin mash & sweet corn	Southern style beef with mashed potato, mushy peas, tomato & onion Or Pumpkin coconut curry with mashed potato, sweet corn, tomato & onion	Lemon chicken with mashed potato, cauliflower & carrot Or Turkey & cranberry sauce with mashed potato, cauliflower & carrot	Slow cooked beef with mashed potato, mushy peas, carrot & polenta Or Salmon in white sauce with mashed potato, roast beetroot & mushy peas	Turkey & cranberry sauce with mashed potato, carrot & polenta Or Southern style pork & beans with mashed potato, carrot & polenta	Apricot lamb with mashed potato, mushy peas & sweet potato Or Roast chicken with mashed potato, mushy peas & sweet potato
<b>Vegetables</b>	Potato bake, green peas & corn kernels	Fragrant jasmine rice, garlic green beans & steamed carrots	Roast potatoes, roast pumpkin & Brussel sprouts	Mashed potatoes, braised cabbage & sweet corn	Chips & coleslaw	Sweet potato, steam cauliflower & green peas	Roast potatoes, roast pumpkin & whole baby beans
<b>Sandwiches</b>	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
<b>Salad</b>	Corned beef salad	Roast beef salad	Salmon salad	Cheese & egg salad	Chicken salad	Ham salad	Beef & beetroot salad
<b>Dessert</b>	Creamed rice with raisins & custard	Apple crumble & ice cream	Fresh fruit salad with vanilla yoghurt	Bread & butter pudding with custard	Crème caramel & whipped cream	Passionfruit cheesecake & ice cream	Fresh fruit salad with vanilla yoghurt
<b>Afternoon tea</b>							
<b>Afternoon tea</b>	A selection of tea or coffee available						
<b>Bakery item</b>	Apricot & almond biscuits	Sao's with cheese	Chocolate biscuits	Country cheese biscuits	Jelly slice	Jatz with cheese	Sliced watermelon
<b>Evening meal</b>							

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dinner soup</b>	Carrot & sweet potato soup	Lentil, chickpea & pumpkin soup	Italian vegetable soup	Beef & vegetable soup	Tomato soup	Chicken noodle soup	Italian minestrone soup
<b>Main course 1</b>	Beef sausage in onion gravy	Chicken & leek pie	BBQ chicken drumsticks	Salmon mornay	Beef lasagne	Chicken fried rice	Chicken & vegetable casserole
<b>Main course 2</b>	Roast pork & apple with mashed potato, carrot, tomato & onion	Sweet & sour pork with mashed potato, pumpkin mash & spinach	Salmon primavera with mashed potato, sweet potato & roast beetroot	Greek oregano lamb with mashed potato, sweet corn puree & pumpkin mash	Chicken cacciatore with mashed potato, sweet potato & mushy peas	Curried beef with mashed potato, sweet corn & cauliflower	Peperonata (vegetable stew) with mashed potato, pumpkin & spinach
<b>Accompaniment</b>	Mashed potatoes & peas	Warm potato salad	Potato bake	Rice & peas	Leafy green salad		Steamed potatoes
<b>Sandwiches</b>	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
<b>Salad</b>	Egg salad	Salmon salad	Roast beef salad	Chicken salad	Roast lamb salad	Tuna salad	Cheese salad
<b>Dessert</b>	Brownies & ice cream	Raspberry baked custard	Peaches & ice cream	Fruit flummery with vanilla yoghurt	Stewed apricots & custard	Jelly & custard	Coconut rice pudding
<b>Supper</b>	A selection of tea and coffee available Biscuits or sandwiches						

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<b>Menu Week</b>	<b>Menu begins week commencing Monday:</b>	<b>Menu week ends Sunday</b>
<b>Week 1</b>	Monday, 23 December 2024	Sunday, 29 December 2024
<b>Week 2</b>	Monday, 30 December 2024	Sunday, 5 January 2025
<b>Week 3</b>	Monday, 6 January 2025	Sunday, 12 January 2025
<b>Week 4</b>	Monday, 13 January 2025	Sunday, 19 January 2025
<b>Week 1</b>	Monday, 20 January 2025	Sunday, 26 January 2025
<b>Week 2</b>	Monday, 27 January 2025	Sunday, 2 February 2025
<b>Week 3</b>	Monday, 3 February 2025	Sunday, 9 February 2025
<b>Week 4</b>	Monday, 10 February 2025	Sunday, 16 February 2025
<b>Week 1</b>	Monday, 17 February 2025	Sunday, 23 February 2025
<b>Week 2</b>	Monday, 24 February 2025	Sunday, 2 March 2025
<b>Week 3</b>	Monday, 3 March 2025	Sunday, 9 March 2025
<b>Week 4</b>	Monday, 10 March 2025	Sunday, 16 March 2025
<b>Week 1</b>	Monday, 17 March 2025	Sunday, 23 March 2025
<b>Week 2</b>	Monday, 24 March 2025	Sunday, 30 March 2025
<b>Week 3</b>	Monday, 31 March 2025	Sunday, 6 April 2025
<b>Week 4</b>	Monday, 7 April 2025	Sunday, 13 April 2025