

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Continental breakfast	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							
Cooked breakfast	Poached eggs or grilled tomatoes	Scrambled eggs or baked beans	Poached eggs or hash browns	Scrambled eggs or buttered mushrooms	Poached eggs or grilled sausages	Scrambled eggs or baked beans	Poached eggs or pancakes	
			Morning	g tea				
Morning tea	A selection of te	a or coffee availa	ble					
Bakery item	Assorted cream biscuits	Banana cake	Tea time biscuits	Cinnamon muffins	Anzac biscuits	Classic date scones	Berry cake	
		Deaf selling	Lunc	:h		0		
Lunch choices	Baked fish with lemon sauce Or Ham & cheese frittata	Beef patties with gravy Or Chickpea, sweet potato & date casserole	Honey hickory glazed pork neck Or Family beef casserole	Lemon chicken casserole Or Beef & mushroom pie	Battered fish with tartare & lemon Or Pasta carbonara	Oven roasted honey marinated chicken fillets Or Beef and bean hotpot	Roast lamb with mint gravy Or Chicken fried rice	
Vegetables	Creamy mashed potato, steamed green peas & roasted carrots	Mashed potatoes, steamed cauliflower & roast pumpkin	Buttered parsley chat potato, steamed broccoli & steamed sweet potato	Steamed rice, cauliflower & buttered Brussel sprouts	Chips & cucumber salad	Zucchini or roast zucchini	Roast potatoes, steam carrots & roast pumpkin	
Sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	
Salad	Egg salad	Cold roast beef salad	Mixed bean & avocado salad	Chicken salad	Egg salad	Tuna salad	Ham & egg salad with croutons	
Dessert	Mango cheesecake	Bread & butter pudding with custard	Creamy sago pudding	Chocolate cake with chocolate sauce	Tiramisu	Panna cotta with mixed berry compote	Banana custard with ice cream	
			Afternoc	on tea				
Afternoon tea	A selection of te Cheese & biscuit	a or coffee availa	ble					
Bakery item	Anzac biscuits	Lamingtons	Tim tams	Shortbread	Raisin toast	Fruit cake	Sultana scones	
	D 0:		Evening	meal	6 (Cl. I O		
Dinner soup	Bean & vegetable soup	Sweet potato soup	Leek, spinach & lentil soup	French onion soup	Cream of vegetable soup	Chicken & sweetcorn soup	Tomato soup	
Dinner	Beef schnitzel	Shanghai pork	Italian spaghetti bolognese	Sweet & sour pork	Beef & vegetable meatloaf with gravy	Lamb & red wine stew with mashed potato, sweet potato & cauliflower	Coconut pork curry	
Vegetable	Rice & green beans	Steamed rice	Medley of vegetable	Side salad	Rice & peas	Mashed potatoes & vegetables	Tuna salad	



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
Salad	Chicken salad	Ham salad	Roast beef salad	Salmon salad	Corned beef salad	Roast beef salad	Tuna salad
Dessert	Bread & butter pudding	Berry cake with custard	Sliced watermelon	Winter fruit salad	Ice cream with caramel sauce	Fruit cake with custard	Jelly & custard
Supper	A selection of tea and coffee available Biscuits or sandwiches						



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental breakfast	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						
Cooked breakfast	Scrambled eggs or creamed corn	Poached eggs or sauteed mushrooms	Scrambled eggs or baked beans	Poached eggs or grilled tomatoes	Scrambled eggs or grilled chicken sausages	Poached eggs or pancakes with maple syrup	Scrambled eggs or grilled bacon
			Morning	g tea			
Morning tea	A selection of te	a or coffee availa	ıble				
Bakery item	Assorted cream biscuits	Minted biscuits	Blueberry muffins	Anzac biscuits	Lamingtons	Orange & poppy seed cake	Scones with jam & cream
			Lunc	h			
Lunch choices	Roast herb chicken with gravy Or Ham & cheese frittata	Steamed fish with lemon dill sauce Or Beef fried rice	Corned silverside with white sauce Or Pork hot pot	Baked chicken with lemon & herbs Or Pasta napolitana	Crumbed fish with lemon & tartare sauce Or Creamy chicken casserole	Lamb stir fry Or Chicken & spinach lasagna	Hawaiian ham steak with cheese sauce Or Baked fish with cheese & parsley sauce
Vegetables	Mashed potatoes, steamed carrots & buttered peas	Creamy mashed potato, corn kernels & baked zucchini	Creamy mashed potato, roast pumpkin & braised cabbage	Herbed chats, Brussel sprouts & green beans	Chips & coleslaw	Fried rice, broccoli & cauliflower	Roast potatoes, roast pumpkin & broccoli
Sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
Salad	Corned beef salad	Tuna salad	Cheese & egg salad	Chicken salad	Roast lamb salad	Ham & egg salad with croutons	Roast beef salad
Dessert	Rice pudding with custard	Chocolate mousse	Mango cheesecake	Brownies with chocolate sauce	Tiramisu	Banana upside down cake & custard	Panna cotta with mixed berry compote
			Afternoo	n tea			
Afternoon tea	A selection of te Cheese & biscui	ea or coffee availa ts	ble				
Bakery item	Lamingtons	Banana cake	Assorted cream biscuits	Sliced watermelon	Cinnamon muffins	Cheese & chive scones	Berry cake
			Evening	meal			
Dinner soup	Potato, garlic & carrot soup	Zucchini & potato soup	Roast pumpkin soup	Bean & vegetable soup	Lentil & vegetable soup	Sweet potato soup	Tomato soup
Dinner	Shepherd's pie	Beef stroganoff	Chicken & tomato stew	Beef lasagne	Homemade meat lovers pizza	Lamb curry	Singapore noodles with beef
Vegetable	Green peas	Steamed rice	Creamy mashed potato	Diced steamed carrots	Garden salad	Steamed long grain rice	Medley of vegetable
Sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	Chicken salad	Bean & salsa salad	Egg salad	Salmon salad	Egg & cheese salad	Chicken Caesar salad	Cajun prawns with avocado salad
Dessert	Sliced watermelon	Fresh fruit	Banana custard	Brownies & chocolate sauce	Vanilla ice cream with topping	Fruit cake & pouring cream	Jelled fruit & custard
Supper	A selection of tea and coffee available Biscuits or sandwiches						



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental breakfast	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						
Cooked breakfast	Poached eggs or grilled tomatoes	Scrambled eggs or baked beans	Poached eggs or creamed corn	Scrambled eggs or sauteed spinach	Poached eggs or bacon & cheese muffin	Scrambled eggs or sauteed mushrooms	Poached eggs or pancakes with maple syrup
Morning tea	A selection of tea	a or coffee availab	ole				
Bakery item	Assorted biscuits	Banana cake	Chocolate caramel slice	Lamingtons	Tim tams	Banana muffins	Scones with jam & cream
			Lunc	:h			
Lunch choices	Lamb rissoles with gravy Or Tuna pasta bake	Beef & bean hotpot Or Chicken & barley stew	Braised lamb chops Or Baked vegetable frittata	Spaghetti bolognese Or Creamy chicken casserole	Battered fish with tartare & lemon Or Egg fried rice	Port & vegetable stir fry Or Beef rissoles	Roast beef with gravy Or Steamed fish with parsley sauce
Vegetables	Creamy mashed potatoes, Brussel sprouts & buttered carrots	Creamy mashed potatoes, steamed carrots & baked zucchini	Creamy mashed potatoes, baked pumpkin & buttered peas	Garlic mashed potatoes, steamed broccoli & diced sweet potato	Chips & coleslaw	Steamed rice, buttered carrots & beans	Roast potatoes, roast pumpkin & baked zucchini
Sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
Salad	Egg salad	Cheese salad	Ham & cheese salad	Salmon salad	Chicken salad	Prawn salad with herb dressing	Corned beef salad
Desert	Sago pudding	Baked strawberry cheesecake with strawberry coulis	Mango mousse	Jelly & custard	Tiramisu	Panna cotta with mixed berry compote	Luscious lemon cake with custard
			Afterno	on tea			
Afternoon tea	A selection of teat Cheese & biscuit	a or coffee availat s	ole				
Bakery item	Blueberry muffins	Assorted biscuits	Sliced watermelon	Lamingtons	Assorted cream biscuits	Jatz with cheese	Sultana scones
			Evening	meal			
Dinner soup	Cream of cauliflower soup	Carrot & coriander soup	Pumpkin soup	Carrot & sweet potato soup	Bean & vegetable soup	Cream of broccoli soup	Tomato soup
Dinner	Thai chicken curry	Baked fish with hollandaise sauce	Sweet & sour chicken	Lamb, red wine & rosemary casserole	Gourmet hot dog	Traditional Irish stew	Chicken carbonara
Vegetable	Steamed rice	Steamed rice	Rice & green beans	Mashed potatoes	Garden salad	Pilaf rice	Green peas
Sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad	Ham & cheese salad	Roast beef salad	Roast turkey salad	Tuna salad	Corned beef salad	Roast beef salad	Chicken salad
Dessert	Banana custard	Fresh fruit & custard	Luscious lemon cake	Tiramisu	Mango cheesecake with pouring cream	Fruit cake & custard	Vanilla ice cream with topping
Supper	A selection of tea and coffee available Biscuits or sandwiches						



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental breakfast	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						
Cooked breakfast	Poached eggs or grilled sausages	Scrambled eggs or grilled tomatoes	Poached eggs or baked beans	Scrambled eggs or sauteed mushrooms	Poache3d eggs or creamed corn	Scrambled eggs or pancakes with maple syrup	Poached eggs or grilled bacon
Morning tea	A selection of te						Cinnamon
Bakery item	biscuits	Raisin toast	Banana cake	Lamingtons .	Anzac biscuits	Berry cake	muffins
			Lunc	:h		Crillod	
Lunch choices	Steak & kidney casserole Or Risoni with broccoli, pesto & parmesan cheese	Chicken schnitzel gravy Or Chicken & vegetable frittata	Corned silverside with white sauce Or Baked fish with cheese & parsley sauce	Lemon garlic chicken fillets Or Tuna pasta bake	Battered fish with tartare & lemon Or Pasta carbonara	Grilled chicken with mushroom sauce Or Mexican pork & bean casserole	Roast lamb with rosemary gravy Or Pork fried rice
Vegetables	Garlic mashed potatoes, corn kernels & broccoli	Mashed potatoes, roasted carrots & zucchini	Baked potatoes, roast pumpkin & braised cabbage	Garlic mashed potatoes, Brussel sprouts & green beans	Chips & coleslaw	Mashed potatoes, steamed cauliflower & steamed pumpkin	Roast potatoes, roast sweet potato & whole baby beans
Sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
Salad	Curried egg salad	Tuna salad	Ham & cheese salad	Four bean salad	Chicken salad	Roast lamb salad	Egg salad
Desert	Chocolate mousse	Tiramisu	Winter fruit salad with custard	Mango cheesecake	Tiramisu	Luscious lemon cake	Panna cotta with mixed berry compote
			Afternoo	on tea			
Afternoon tea	A selection of te Cheese & biscui		able				
Bakery item	Sliced watermelon	Buttered raisin bread	Sultana muffins	Tim tams	Minted biscuits	Jatz with cheese	Date scones
			Evening	meal			
Dinner soup	Broccoli & potato soup	Carrot & zucchini soup	Roast pumpkin soup	Red lentil soup	Potato & leek soup	Cream of chicken & mushroom soup	Cream of tomato soup
Dinner	Spring rolls with sweet chilli sauce	Sweet & sour chicken	Macaroni bolognaise bake	Apricot lamb	Chicken tenders with gravy	Greek lamb casserole	Baked fish with lemon dill sauce
Vegetable	Garden salad	Steamed rice	Steamed carrots	Baked carrots	Mashed potatoes & beans	Steamed rice	Mashed potatoes
Sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches	Assorted sandwiches
Salad	Chicken salad	Roast beef salad	Ham salad	Roast turkey salad	Roast beef salad	Tuna salad	Corned beef salad



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dessert	Two fruits & custard	Banana custard	Sliced watermelon	Luscious lemon cake with whipped cream	Strawberry sponge cake	Jelly & custard	Ice cream
Supper	A selection of tea and coffee available Biscuits or sandwiches						

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