

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BUFFET BREAKFAST	Fresh Juice (Apple or Orange), Fresh or Tinned Fruit, Yoghurt, Assorted Cereals, Prunes, Porridge, Coffee, Tea, Assorted Breads & Spreads, Pastries, Scrambled or Poached Eggs						Poached Eggs & Sausages
MORNING TEA	Butterfly Cupcake	Sweet or Savoury Biscuits	Chocolate Brownie	Fruit Scones	Orange Syrup Cake	Sweet or Savoury Biscuits	Lamingtons
LUNCH MAIN CHOICE	Chicken Parmigiana	Grilled Barramundi with Coconut Cream & Spinach Sauce, Puree Sweet Potato & Freshly Steamed Broccoli or Lamb Sausage Pilaff	Roast Pork with Apple Gravy & Crackling	Tandoori Lamb with Spiced Pumpkin, Buttered Beans & Seeded Mustard Potato Salad or Homemade Beef & Potato Pie	Crumbed Fish with Lemon & Tartare	Lemon Chicken	Roast Beef with Onion Gravy
LUNCH 2ND CHOICE	Beef Lasagne		Peri Peri Chicken		Quiche Lorraine	Vegetable Risotto	Braised Lamb & Rosemary Meatballs
VEGETABLES	Garden & Potato Salad		Roast Potato Roasted Baby Carrot Peas		Hot Chips, Coleslaw & Salad	Mashed Potato Vegetable Medley	Mixed Roasted Root Vegetables
DESSERT	Fruit Trifle with Cream	Warm Apricot Crumble & Custard	Fresh Fruit Salad	Strawberry Mousse with Mixed Berries Coulis & White Chocolate	Baked Custard & Cream	Apple Sponge & Custard	Fruit Jelly & Cream
MODIFIED MEAL	Chicken Parmigiana	Grilled Barramundi	Roast Pork	Beef & Potato Pie	Steamed Fish	Lemon Chicken	Roast Beef
All modified meals will be the same or a variation of the Main Meal choice at Lunch & Dinner served with mashed potato & puree vegetable with sauce or gravy							
A/TEA	Sweet or Savoury Biscuits	Cheese & Crackers	A Selection of Tea, Coffee or Cordial with Sweet or Savoury Biscuits		Cheese & Crackers	A Selection of Tea, Coffee or Cordial with Sweet or Savoury Biscuits	
DINNER SOUP	Crème of Mushroom	French Onion	Sweet Pumpkin	Pea & Ham	Cream of Broccoli	Beef & Vegetable	Tomato & Basil
DINNER MAIN CHOICE	Beef Sausages & Mashed Potato	Butter Chicken and Steamed Rice	Ham & Tomato Croissant with Side Salad	Pasta Bolognese with Garlic Bread	Sticky Pork Stir Fry	Mild Beef Curry with Mixed Vegetables	Crumbed Calamari with Dipping Sauce and Garden Salad
DINNER 2ND CHOICE	Ham & Cheese Toasted Sandwich	Cheese & Tomato Toasted Sandwich	Silverside & Tomato Toasted Sandwich	BLT	Ham & Cheese Toasted Sandwich	Cheese & Tomato Toasted Sandwich	Silverside & Tomato Toasted Sandwich
SANDWICHES OR SALADS	Silverside & Pickle	Chicken Lettuce Mayo	Roast Beef	Ham Cheese	Curried Egg	Ham & Pickle	Tuna & Mayo
DESSERT OR FRESH FRUIT	Peaches	Ice Cream & Topping	Rocky Road Self Saucing Pudding	Poached Pears	Ice Cream & Topping	Fresh Fruit Salad	Berry Pudding & Custard
SPECIAL DIET	Special Diets for Breakfast, Lunch & Dinner will be catered for on an individual basis. E.g. Vegetarian, Diabetic, Puree, Gluten Free, Low Salt, High Protein etc.						
SUPPER	A Selection of Coffee, Tea and Fresh Fruit with Diabetics receiving Mixed Sandwiches in Dining Fridges						