

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BUFFET BREAKFAST</b>	Fresh Juice (Apple or Orange), Fresh or Tinned Fruit, Yoghurt, Assorted Cereals, Prunes, Porridge, Coffee, Tea, Assorted Breads & Spreads, Pastries, Scrambled or Poached Eggs						Scrambled Eggs & Sausages
<b>MORNING TEA</b>	Iced Cup Cake	Sweet or Savoury Biscuits	Butter Cake	Lemonade Scones	Jam Drops	Sweet or Savoury Biscuits	Jam & Fruit Scroll
<b>LUNCH MAIN CHOICE</b>	Lamb Cobbler	<i>Pan Fried Seafood Marinara with Balsamic Reduction &amp; Mediterranean Mixed Leaf Salad</i>  <i>or Chicken &amp; Vegetable Casserole</i>	Meatloaf with Tomato Gravy	<i>Roasted Tomato &amp; Capsicum Chicken Maryland Bake with Baby Carrots, Parsley Potato &amp; Sautee'd Zucchini</i>  <i>or Braised Lambs Fry &amp; Bacon</i>	Crumbed Fish with Tartare & Lemon	Beef & Vegetable Casserole	Roast Pork with Apple Sauce, Crackling & Gravy
<b>LUNCH 2ND CHOICE</b>	Braised Beef Rissole		Pork & Vegetable Medley Stir Fry		Quiche Florentine	Vegetable Risotto	Vegetable Lasagne
<b>VEGETABLES</b>	Fresh Chunky Mixed Vegetables Chat Potato		Baked Potato Steamed Broccoli Buttered Cabbage		Hot Chips, Coleslaw & Salad	Steamed Beans Pureed Sweet Potato	Mixed Roasted Root Vegetables
<b>DESSERT</b>	Cabinet Pudding	Warm Apple Crumble & Custard	Coffee Panna Cotta	Cookies & Cream Cheesecake	Cococnut Cake & Custard	Jellied Fruit & Cream	Apricot Fruit Fool
<b>MODIFIED MEAL</b>	Braised Beef Rissole	Chicken & Vegetable Casserole	Meatloaf	Chicken Maryland	Steamed Fish	Beef & Vegetable Casserole	Roast Pork
	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						
<b>A/TEA</b>	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	
<b>DINNER SOUP</b>	Tomato Soup	Potato & Bacon	Beef & Barley	Chicken Noodle	Pumpkin & Lentil	French Onion	Bacon & Mushroom
<b>DINNER MAIN CHOICE</b>	Macaroni Cheese	Arancini with Tomato Chutney & Pumpkin Puree	Fishermans Pie with Side Salad	Sweet & Sour Pork Rissoles with Mixed Vegetables	Curried Sausages & Mashed Potato	Homemade Lamb Pot Pie & Vegetables	Fish Cocktail with Tartare and Hot Chips
<b>DINNER 2ND CHOICE</b>	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
<b>SANDWICHES OR SALADS</b>	Silverside & Pickle	Chicken Lettuce Mayo	Roast Beef	Ham Cheese	Curried Egg	Corned Beef & Pickle	Tuna & Mayo
<b>DESSERT OR FRESH FRUIT</b>	Poached Pears	Fresh Fruit Salad	Steamed Apricot Pudding	Ice Cream & Topping	Whole Fruit Piece	Apple Pudding & Custard	Fresh Fruit Salad
<b>SPECIAL DIET</b>	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.						
<b>SUPPER</b>	A Selection of Coffee, Tea and Fresh Fruit with Diabetics receiving Mixed Sandwiches in Dining Fridges						

