

WEEK 4	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 and Bacon
MORNING TEA	Madera Cake	Sweet or Savoury Biscuits	Buttered Banana Bread	Country Pear Cake	Chocolate Tart	Sweet or Savoury Biscuits	Choc Chip Cookies
LUNCH MAIN CHOICE	Chicken Cacciatore	<i>Poached Fish served with Salsa Verde, Steamed Beans, Warm Potato Salad & Shaved Sweet Potato</i> <i>or Sweet Potato Rosti with Mornay Sauce</i>	Pickled Pork	<i>Mustard & Herb Crusted Beef with Dianne Sauce, Garlic Mash, Roasted Tomato & Wilted Spinach</i> <i>or Roasted Pumpkin & Fetta Quiche</i>	Battered Fish with Tartare & Lemon	Yellow Curry with Pork & Steamd Rice	Roast Lamb, Mint Sauce & Gravy
LUNCH 2ND CHOICE	Lamb Rogan Josh		Grilled Chicken & Chorizo		Homemade Sausage Roll & Tomato Sauce	Vegetable Risotto	Cajun Baked Chicken
VEGETABLES	Quatered Potato Buttered Carrots Sauteed Zucchini		Potato Bake Broccoli and Cauliflower Gratin		Hot Chips & Garden Salad	Mixed Vegetable Panache	Mixed Roasted Root Vegetables
DESSERT	Bread & Butter Pudding with Cream	Golden Syrup Dumplings & Custard	Fresh Fruit Salad	Ice Cream Cone	Pineapple Upside Down Cake	Strawberry Flummery	Pavlova, Passionfruit Coulis & Cream
MODIFIED MEAL	Chicken Cacciatore	Steamed Fish	Pickled Pork	Mustard Beef	Steamed Fish	Satay Beef	Roast Lamb
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	Chick Pea & Vegetable	Chicken & Corn	Crème of Celery	Carrot & Tomato	Seasonal Vegetable	Zucchini & Parmesan	Leek, Potato & Bacon
DINNER MAIN CHOICE	Beef Stroganoff	Mixed Roasted Vegetable Frittata with Salad	Carbonara Pasta	Lamb, Tomato & Roast Capsicum Casserole	Asparagus & Chicken Mornay	Savoury Mince on Toast	Tuna Pasta Bake & 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	Roast Beef	Tuna & Mayo	Ham & Pineapple	Salmon	Corned Beef	Ham	Curried Egg
DESSERT OR FRESH FRUIT	Whole Fruit Piece	Ice Cream & Topping	Fresh Fruit Salad	Chocolate Pudding	Ice Cream & Topping	Warm sponge cake with Butterscotch Sauce	Tinned Fruit
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						