

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						Scrambled Egg & Bacon	
MORNING TEA	Orange & Almond Cake	Sweet or Savoury Biscuits	Bacon & Cheese Scroll	Date Scones	Sweet or Savoury Biscuits	Banana Bread	Caramel Slice	
LUNCH MAIN CHOICE	<i>Curried Prawns with Tumeric Steamed Rice & Asian Mixed Vegetables</i>	<i>Pulled BBQ Beef Sliders with Sweet Potato Chips & Salad</i>	Seeded Mustard & Cream Pork Casserole	<i>Lamb Wellington Red Wine & Rosemary Gravy, Buttered Brussel Sprouts, Spiced Pumpkin Puree & Hasselback Potato</i>	Battered Fish with Lemon & Tartare	Cottage Pie	Roast Chicken Thigh with Stuffing and Herb Gravy	
LUNCH 2ND CHOICE			Crumbed Calamari with Lemon & Tartare		Caesar Wrap		Lamb Stir Fry	Sweet & Sour Pork with Rice
VEGETABLES			<i>or Egg & Bacon Pie Side Salad</i>		<i>or Penne Pasta with Roasted Pumpkin & Broccoli Sauce</i>		Steamed Peas, Herbed Potato & Baby Carrots	<i>or Homemade Chicken, Tomato & Spinach Pie</i>
DESSERT	Jellied Fruit & Cream	Ice Cream Sundae	Chocolate Mousse & Cream	Sticky Date Pudding & Butterscotch Sauce	Honeyed Pears & Cream	Apple Pie & Custard	Pavlova & Fruit Salad	
MODIFIED MEAL	Steamed Fish	Pulled Beef	Pork Casserole	Roast Lamb	Steamed Fish	Cottage Pie	Roast Chicken	
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	Red Lentil	Broccoli & Cheese	Carrot & Tomato	Roasted Pumpkin & Garlic	Pea & Ham	Chick Pea & Vegetable	Hearty Vegetable	
DINNER MAIN CHOICE	Vegetable Fritter with White Sauce & Grilled Tomato	Tuna Mornay Bake	Spinach Triangles & Salad	Macaroni & Cheese	Beef & Vegetable Casserole with Rice	Vegetable Frittata & Potato Salad	Beef Sausage Roll, Condiments & Garden Salad	
DINNER 2ND CHOICE	Ham & Cheese Toasted Sandwich	Cheese & Tomato Toasted Sandwich	Silverside & Tomato Toasted Sandwich	Ham & Cheese Toasted Sandwich	Cheese & Tomato Toasted Sandwich	Silverside & Tomato Toasted Sandwich	Ham & Cheese Toasted Sandwich	
SANDWICHES OR SALADS	Silverside & Pickle	Chicken Lettuce Mayo	Roast Beef	Ham Cheese	Curried Egg	Ham & Pickle	Tuna & Mayo	
DESSERT OR FRESH FRUIT	Ice Cream & Topping	Whole Fruit Piece	Panna Cotta	Fresh Fruit Salad	Ice Cream & Topping	Whole Fruit Piece	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							

