

WEEK 3	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 Eggs & Grilled Tomato
MORNING TEA	Chocolate Brownie	Sweet or Savoury Biscuits	Carrot Cake	Custard Tart	Sweet or Savoury Biscuits	Iced Muffin	Apple Tea Cake
LUNCH MAIN CHOICE	Chicken A La King	Steamed Fish with White Wine Sauce mixed Vegetables or Grilled Ham Steak & Pineapple	BBQ DAY, Minute Steak, Marinated Garlic & Herb Chicken Sautéed Onion, Coleslaw, Garden Salad & Condiments or Vegetable Pastie with White Sauce	Homemade Pork Schnitzel with Creamy Mushroom Sauce, Sweet Potato Chips & Steamed Broccoli or Rissolle with Onion Gravy	Battered Fish with Tartare & Lemon	Roasted Chicken Loaf with Tomato Gravy	Roasted Beef with Herb Gravy
LUNCH 2ND CHOICE	Shepherds Pie				Quiche Florentine	Mixed Vegetable Risotto	Pork Sausages
VEGETABLES	Buttered Carrot, Steamed Peas & Chat Potato				Hot Chips, Coleslaw & Salad	Mashed Potato, Carrots & Beans	Mixed Roasted Root Vegetables
DESSERT	Peach Baked Custard & Cream	Vanilla Slice	Apple Crumble & Custard	Peach & Mango Cheesecake	Stewed Cinnamon Apple & Custard	Apricots & Cream	Crème Caramel
MODIFIED MEAL	Chicken A La King	Ham Steak	Chicken Thigh	Rissolle	Steamed Fish	Roasted Chicken Loaf with Tomato Gravy	Roasted Beef with Herbed Gravy
	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	Curried Lentil	Mushroom & Bacon	Cream of Chicken	Sweet Potato	French Onion	Potato & Leek	Mixed Vegetable
DINNER MAIN CHOICE	Ham and Cheese Toasty with House Made Wedges	Beef Sausages with Onion Gravy and Mash	Mixed Focaccia Pizza	Pasta Bolognese	Mixed Vegetable and Bean Casserole	Beef Stroganoff	Ham & Tomato Croissant with Salad
DINNER 2ND CHOICE	Silverside & Tomato Toasted Sandwich	Ham & Cheese Toasted Sandwich	Cheese & Tomato Toasted Sandwich	Silverside & Tomato Toasted Sandwich	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	Corned Beef & Pickle	Tuna & Mayo
DESSERT OR FRESH FRUIT	Whole Fruit Piece	Jelly & Cream	Fresh Fruit Salad	Ice Cream & Topping	Whole Fruit Piece	Ice Cream & Topping	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						

