



# SAMPLE MENU (SUMMER)

	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B - FAST</b>	Porridge	Porridge	Porridge	Porridge	Porridge	Porridge	Porridge	Porridge
	Egg Dish	Savoury Scrambled	Omelette	Poached	Scrambled	Poached	Parsley Scrambled	Poached
	Hot Dish	Buttered Mushrooms	Spaghehetti	Savoury Mince	Baked Beans	Breakfast Sausages	Savoury Tomato	Bacon
	Tea Cake	Banana Cake	Orange Poppy Seed	Jam Drop	Apple Tea Cake	Madeira Cake	Chocolate Cake	Fruit Muffin
<b>M A I N S</b>	Choice 1	Thai Coconut Chicken Curry	Steak Dianne	Steamed Soy and Ginger Fish	Corned Beef with Mustard Sauce	Crumbed Fish with Tartar Sauce	Pork Steak with Plum Sauce	Roast Chicken with Chicken Gravy
	Choice 2	Beef and Capsicum Meatball with Chunky Tomato Sauce	Pork Chasseur	Shepherds Pie	Chicken, Bacon and Mushroom Casserole	Lamb Rissole with Gravy	Beef Stroganoff	Indian Lamb Curry
	Choice 3	Potato Gnocchi with Creamy Mushroom Sauce	Macaroni Cheese	Spinach and Ricotta Tart	Vegetable Roll	Pasta Primavera	Vegetable Pie	Rice Croquettes
<b>P O T / C A R B</b>	Potato Dish	Saute	Roast	Chats	Roast	Chips	Diced Parsely	Roast
	Creamed	Potato	Potato	Potato	Potato	Potato	Potato	Potato
	Potato / Carbohydrate	Rice	Pasta		Pasta		Rice	Saffron Rice
<b>V E G E S</b>	Vegetable 1	Mixed Beans	Broccoli Au Gratin	Baby Zucchini	Sugar Snap Peas / Cabbage	Coleslaw / Beans	Peas	Beans
	Vegetable 2	Sweet Potato	Whole Baby Carrots	Panache Vegetable Mix	Carrots	Mixed Vegetables	Cauliflower	Roast Pumpkin
<b>D E S S E R T S</b>	Sweet	Chocolate Raspberry Cake with Cream	Spiced Apple Cake and Custard	Custard Tart	Creamy Rice	Lemon Sponge Pudding and Custard	Summer Trifle	Fruit Pancake and Custard
	Fruit	Peaches	Fruit Salad	Stewed Apple	Pears	Pineapple	Fruit Medley	Peaches
	Fruit+	Peaches and Custard	Fruit Salad and Yoghurt	Stewed Apple with Custard	Pears and Jelly	Pineapple and Custard	Fruit Medley with Cream	Peaches and Ice Cream
<b>L I G H T S</b>	Soup	Pea and Ham	Thick Vegetable	Pumpkin	Minestrone	Creamy Mushroom	Cream Tomato	Chicken and Vegetable
	Choice 1	Thai Fish Cakes and Noodles	Quiche Lorraine	Tuna Pasta Gratin	Potato and Leek Bake	Penne Bosciola Bake	Chicken and Spinach Tart	Meat Pie and Chips
	Choice 2	Scrambled Eggs and Ham	Sausages with Onions	Chicken, Pasta and Sundried Tomato Salad	Chinese Pork and Plum with Rice	Pizza	Shepherds Pie	Frankfurt and Mash
	Choice 3	Devon and Pasta Salad	Egg and Coleslaw	Ham and Potato Salad	Chicken Loaf and Greek Salad	Corned Beef and Rice Salad	Roast Beef and Pasta Salad	Salmon and Coleslaw