

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Scrambled Eggs with Tomato Porridge Cereal Prunes Toast/Bread Jam/Marmalade Tea/Coffee	Breakfast sausage Porridge Cereal Prunes Toast/Bread Jam/Marmalade Tea/Coffee	Corn Porridge Cereal Prunes Toast/Bread Jam/Marmalade Tea/Coffee	Asparagus with grilled cheese Porridge Cereal Prunes Toast/Bread Jam/Marmalade Tea/Coffee	Spaghetti Porridge Cereal Prunes Toast/Bread Jam/Marmalade Tea/Coffee	Poached Egg Porridge Cereal Prunes Toast/Bread Jam/Marmalade Tea/Coffee	Grilled Bacon & Baked Beans Porridge Cereal Prunes Toast/Bread Jam/Marmalade Tea/Coffee
10am	Muffins	Scones	Cake	Slice	Scones	Rock Cakes	Muffins
12 Midday	Chicken Curry Mash Potato Pumpkin Peas/Beans	Osso Buco Potato Salad Carrots Zucchini	High Fibre Meat loaf Boiled Potato Broccoli Squash/Choko	Corn Beef Garlic Potato Pumpkin Cauliflower	Cheese Baked Fish Chips Salad	Sweet & Sour Veal Mashed Potato Choko Peas	Roast Beef Roast Potato Carrots Beans
	SUBSTITUTE	SUBSTITUTE	SUBSTITUTE	SUBSTITUTE	SUBSTITUTE	SUBSTITUTE	SUBSTITUTE
	Beef Sausage Cassata Parfait Lemonade Cordial Orange Juice Puree	Chicken Rissole Strawberry Mousse Cake Lemonade Cordial Orange Juice Puree	Grilled Chop Cheese Cake Lemonade Cordial Orange Juice Puree Biscuits	Chicken Sausage Peaches Cream Custard Parfait Lemonade Cordial Orange Juice Puree	Steam Fish Ice cream/topping Lemonade Cordial Orange Juice Puree	Rissole-lamb Banana Freeze Orange Juice Puree	Beef Rissole Apricot calfloutis Lemonade Cordial Orange Juice Puree
2.30pm	Biscuits	Biscuits	Soup Pot & Leek	Biscuits	Biscuits	Biscuits	Biscuits
5.00pm	Soup Pumpkin Salad Sandwiches Beef Salad Rice Pudding	Soup Veg. Broccoli & Avocado Lorraine Sandwiches Mushroom & Potato bake Apple sponge & Custard	Salad Sandwiches Pasta & Cucumber Salad Jellied Fruit	Soup Cauliflower Salad Sandwiches Lamb with Rice Stewed apple/ rhubarb	Soup Pea & Ham Salad Sandwiches Fresh Veg Relish Lemon Delicious	Soup Tomato Salad Sandwiches Mushroom, Bacon & rosemary risotto Pineapple Flummery	Soup Pumpkin Salad Sandwiches Potato Nut Salad Peaches & Cream