

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Daily: Porridge, Prunes, Assorted Cereals, Hot or Cold Milk, Coffee, Tea, White or Wholemeal Bread, Margarine or Butter, Spreads, Tinned Fruit, Orange Juice or Apple Juice.						
<b>HOT B'FAST</b>							Scrambled Eggs with Bacon
<b>MORNING TEA</b>	Carrot Cake	Apricot Slice	Chocolate Chip Muffin	Parsley, Bacon & Corn Scone	Saos & Cream Cheese Spread	Apple & Cinnamon Cake	Anzac Slice
<b>LUNCH MAIN CHOICE</b>	Thai Green Chicken Curry	Tuscan Garlic Salmon with Tomato & Basil, Potato Puree & Wilted Greens or Crumbed Chicken Tenders	Pickled Pork with White Sauce	<b>Carvery Day - Carved &amp; Roasted Meats with Roasted Vegetables</b> or Oriental Stir-Fry	Crumbed Fish	Chicken Schnitzel & Gravy	Glazed Leg of Ham
<b>LUNCH 2nd Choice</b>	Vegetable Curry		Grilled Fish with Lemon Parsley Butter		Pigs in a Blanket	Lamb Casserole	Beef Casserole
<b>VEGETABLES</b>	Vegetable Melange & Rice		Mash Potato, Braised Cabbage, Glazed Carrots		Chips & Coleslaw	Roasted Potatoes, Broccoli & Pumpkin	Roasted Mixed Vegetables
<b>ASSORTED SANDWICHES or SALADS</b>	Plated Sandwiches or Salads available on request as an alternative meal - See Below for Salad or Sandwich of the Day						
<b>VEGETARIAN</b>	Vegetable Curry	Plant Base Chicken	Veggie Patty	Oriental Stir-Fry	Vegetable Sausage	Plant Base Chicken	Vegetable Quiche
<b>DESSERT</b>	Apricot Crumble & Custard	Dragonfruit Pannacotta	Cream of Rice	Sticky Date Pudding with Custard	Strawberry Flummery	Tiramisu	Fresh Fruit Salad & Ice-cream
<b>TEXTURE MODIFIED DESSERT</b>	Puree Apple & Custard	Dragonfruit Pannacotta	Puree Fruit & Yoghurt	Sticky Date Pudding with Custard	Strawberry Flummery	Tiramisu	Puree Fruit & Cream
<b>TEXTURE MODIFIED MINCED AND MOIST</b>	Thai Green Chicken Curry	Steamed Salmon	Pickled Pork with White Sauce	Braised Beef	Steamed Fish	Braised Chicken	Roast Beef with Gravy
<b>TEXTURE MODIFIED PUREE</b>	Thai Green Chicken Curry	Steamed Salmon	Pickled Pork with White Sauce	Braised Beef	Steamed Fish	Braised Chicken	Roast Beef with Gravy
<b>TEXTURE MODIFIED VEGETABLES</b>	Vegetable Melange & Potato	Potato Puree, Puree Greens & Kumera	Mash Potato, Braised Cauliflower, Glazed Carrots	Puree Mixed Vegetables	Puree Potato, Carrot & Beans	Roasted Potatoes, Broccoli & Pumpkin	Puree Mixed Vegetables
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AFTERNOON TEA</b>	Sweet Biscuits	Savoury Crackers & Dip	Sweet Biscuits	Savoury Crackers with Cheese, Ham & Tomato	Sweet Biscuits	Savoury Mini Quiche	Sweet Biscuits
<b>SOUP ENTRÉE</b>	Mixed Vegetable	Tomato	Carrot & Lentil	Potato & Bacon	Chicken & Corn	Pumpkin	Vegetable
<b>DINNER Main Choice</b>	Beef Stroganoff with Rice	Lasagne & Garlic Bread	Chicken Rissoles with Mash & Gravy	Mushroom & Spinach Ravioli	Pizza Night & Garlic Bread	Pork Stirfry with Rice	Ham, Cheese, Tomato Crossiant with Salad
<b>DINNER 2nd Choice</b>	Ham & Cheese Toasted Sandwich	Cheese & Tomato Toasted Sandwich	Silverside & Tomato Toasted Sandwich	Ham & Cheese Toasted Sandwich	Cheese & Tomato Toasted Sandwich	Ham & Cheese Toasted Sandwich	Silverside & Tomato Toasted Sandwich
<b>DINNER 3rd Choice</b>	Omelette of the Day	Omelette of the Day	Omelette of the Day	Omelette of the Day	Omelette of the Day	Omelette of the Day	Omelette of the Day
<b>VEGETARIAN</b>	Vegetable Stroganoff	Vegetable Lasagna	Veggie Rissoles	Mushroom & Spinach Ravioli	Vegetable Pizza	Veggie Stir-Fry	Tomato & Cheese Croissant
<b>DESSERT or FRESH FRUIT</b>	Tinned Fruit	Ice Cream & Topping	Crème Caramel	Ice Cream & Topping	Baked Custard & Peaches	Jelly & Custard	Tinned Fruit
<b>SANDWICH or SALAD OF THE DAY</b>	Mixed Sandwich	Mixed Sandwich	Mixed Sandwich	Mixed Sandwich	Mixed Sandwich	Mixed Sandwich	Mixed Sandwich
<b>TEXTURE MODIFIED MINCED AND MOIST</b>	Beef Stroganoff	Beef Lasagne	Chicken Rissoles	Braised Lamb	Braised Beef	Braised Pork	Scrambled Eggs
<b>TEXTURE MODIFIED PUREE</b>	Beef Stroganoff	Beef Lasagne	Chicken Rissoles	Braised Lamb	Braised Beef	Braised Pork	Scrambled Eggs
<b>TEXTURE MODIFIED VEGETABLES</b>	Potato, Carrot & Beans	Potato, Pumpkin & Broccoli	Mashed Potato & Mixed Vegetables	Puree Potato, Carrot & Beans	Mashed Potat, Pumpkin & Broccoli	Potato, Kumera & Brussel Sprouts	Mixed Vegetables
<b>TEXTURE MODIFIED DESSERT</b>	Puree Fruit	Yoghurt	Puree Fruit	Yoghurt	Puree Fruit	Puree Fruit & Custard	Puree Fruit & Cream
<b>SUPPER</b>	A Selection of Tea, Coffee or Milo with Diabetics receiving Yoghurt or Fruit or Mixed Sandwiches.						
<b>Fresh Fruit is Available at Lunch &amp; Dinner Daily</b>							