

Monday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Spiced Apple Muffins

Lunch

Baked Fish in Lemon Caper Sauce with Veges

Raspberry Panna Cotta

Afternoon Tea

Citrus Fudge Slice

Dinner

Kumara and Bacon Soup

Spinach, Pea and Feta Frittata with Salad
OR Baked Beans on Toast

Fresh Fruit Salad with Cream

Supper

A selection of biscuits, milk and hot drinks



Tuesday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Date Scone

Lunch

Farmhouse Chicken Casserole with Veges
Apple Crumble and Cream

Afternoon Tea

White Chocolate and Raspberry Slice

Dinner

Vegetable Soup

Mushroom and Bacon on Toast OR
Crumbed Chicken and Salad

Berry Trifle

Supper

A selection of biscuits, milk and hot drinks



Wednesday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Vegemite and Cheese Toasties

Lunch

Corned Beef and Mustard Sauce with Veges
Apricot Sponge and Custard

Afternoon Tea

Lolly Cake

Dinner

Chicken and Lentil Soup
Salmon and Spinach, Eggs Benedict
on Hash Brown OR Ham and Cheese
Toasted Sandwich
Instant Pudding and Mandarins

Supper

A selection of biscuits, milk and hot drinks



Thursday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Bran and Apricot Muffins

Lunch

Lamb, Kumara and Mint Pie

Fruit Salad and Ice Cream

Afternoon Tea

Cream Sponge

Dinner

Cauliflower Soup

Chicken Tenders with Avocado Salsa and Aioli OR Scrambled Eggs and Toast

Mousse

Supper

A selection of biscuits, milk and hot drinks



Friday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Date Loaf

Lunch

Battered Fish served with Tartare Sauce and Veges

Lemon & Boysenberry Ambrosia

Afternoon Tea

Sultana Cake

Dinner

Vegetable Soup

Pasta Carbonara with Garlic Bread OR
Meat Lovers Pizza

Fruit and Cream

Supper

A selection of biscuits, milk and hot drinks



Saturday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Scones with Jam

Lunch

Shepherd's Pie with Herbed Potato with other Veges

Rice Pudding with Pineapple

Afternoon Tea

Chocolate Chip Biscuits

Dinner

Chicken and Corn Soup

Scrambled Eggs and Bacon Served on Toast
OR Club Sandwiches

Jelly and Fruit

Supper

A selection of biscuits, milk and hot drinks



Sunday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Blueberry Muffins

Lunch

Roast Pork with Apple Sauce,
Gravy and Veges

Chocolate and Coffee Mousse Sponge

Afternoon Tea

Orange Cake

Dinner

Brown Onion Soup

Stewed Tomatoes, Bacon and Sausage
with Potato and Parsnip Mash OR Chicken
Tenders and Relish

Fruit Fool

Supper

A selection of biscuits, milk and hot drinks

Monday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Dates Scones

Lunch

Chicken Schnitzel with Apricot Sauce and Veges

Apple and Blueberry Shortcake

Afternoon Tea

Rice Bubble Cake

Dinner

Winter Minestrone

Quiche Lorraine, Cauliflower, Relish and Salad OR Club Sandwich

Hot Apple and Cream

Supper

A selection of biscuits, milk and hot drinks



Tuesday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Chocolate Muffins

Lunch

Winter Beef Casserole with Carrots and Parsnips

Fresh Fruit Salad and Ice Cream

Afternoon Tea

Apricot Fudge

Dinner

Carrot and Coriander Soup

Fish Goujons with Irish Mashed Potato OR Poached Eggs on Toast

Jelly and Fruit

Supper

A selection of biscuits, milk and hot drinks



Wednesday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Pizza Fingers

Lunch

Lemon and Thyme Roast Chicken

Traditional Trifle

Afternoon Tea

Shortbread

Dinner

Potato and Bacon Soup

Sausage Rolls and Potato Egg Salad OR
Cheese and Tomato on Toast

Ambrosia

Supper

A selection of biscuits, milk and hot drinks



Thursday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Blueberry and Honey Muffins

Lunch

Steak and Onions with Gravy and Veges
Stewed Apple with Ice Cream

Afternoon Tea

Coffee Walnut Fudge

Dinner

Chicken and Vegetable Soup
Pumpkin, Spinach and Pork Lasagne OR
Poached Egg on a Hash Brown
Hot Custard and Banana

Supper

A selection of biscuits, milk and hot drinks



Friday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Chelsea Date Loaf

Lunch

Battered Fish served with Tartare Sauce and Veges

Chocolate Self-Saucing Pudding and Cream

Afternoon Tea

Ginger Crunch

Dinner

Curried Butternut Soup

Bacon and Egg Pie OR Savoury Muffin

Carrot Cake

Supper

A selection of biscuits, milk and hot drinks

Saturday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Cheese, Onion and Herb Scones

Lunch

Pork Satay with Veges

Black Doris Plum and Almond Cake with Berry Yoghurt

Afternoon Tea

Belgium Slice

Dinner

Pea and Ham Soup

Chicken, Leek and Spinach Crepes OR
Croquette Potatoes

Instant Pudding

Supper

A selection of biscuits, milk and hot drinks

Sunday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Bran and Apple Muffins

Lunch

Roast Lamb with Gravy, Mint Sauce and Veges

Ice Cream Sundae with Berry Salsa

Afternoon Tea

Fruit Cake

Dinner

Vegetable Soup

Spaghetti Bolognese OR
Poached Eggs on Toast

Fruit Salad and Yoghurt

Supper

A selection of biscuits, milk and hot drinks

Monday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Tomato Relish Toasties

Lunch

Chicken Provencale with Veges

Mango and Coconut Rice Pudding

Afternoon Tea

Lolly Cake

Dinner

Pumpkin and Peanut Soup

Fish Pie OR Club Sandwiches

Mousse

Supper

A selection of biscuits, milk and hot drinks



Tuesday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Jam Scones

Lunch

Braised Beef Steaks with Gravy and Veges

Chocolate Panna Cotta with Pears

Afternoon Tea

Raspberry Slice

Dinner


Curried Parsnip Soup

Potato, Bacon, Spinach Frittata with
Tomato Salsa OR Mini Mince Savouries with
Fresh Tomato Salsa

Fruit Salad

Supper

A selection of biscuits, milk and hot drinks



Wednesday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Raspberry Muffins

Lunch

Pickled Pork with Chive and Mustard Sauce and Veges

Apricot Sponge and Custard

Afternoon Tea

Shortbread

Dinner

Tomato and Lentil Soup

Braised Beef in Yorkshire Pudding with Beetroot Relish OR Baked Beans on Toast

Pear and Yoghurt

Supper

A selection of biscuits, milk and hot drinks



Thursday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Pumpkin Scones

Lunch

Meatballs Cooked in a Korma Sauce and Veges

Pavlova with Fruit Salad

Afternoon Tea

Tan Square

Dinner

Spring Vegetable Soup

Chicken and Leek Hot Pot with Rosemary Potatoes OR Ham and Cheese Salad with Relish

Ice Cream

Supper

A selection of biscuits, milk and hot drinks



Friday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Date Loaf

Lunch

Panko Crumbed Hoki with Veges

Mixed Berries in Jelly

Afternoon Tea

Carrot Cake

Dinner

Brown Onion Soup

Sausages and Mash with Gravy OR

Poached Eggs on Toast

Bread and Butter Pudding

Supper

A selection of biscuits, milk and hot drinks

Saturday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Bran and Pear Muffins

Lunch

Beef Goulash and Veges

Apple Crumble with Ice Cream

Afternoon Tea

Anzac Slice

Dinner

Corn Chowder

Chicken and Mushroom Croissant OR
Scrambled Eggs on Toast

Fruit Salad

Supper

A selection of biscuits, milk and hot drinks



Sunday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Savoury Scones

Lunch

Roast Pork with Apple Sauce,
Gravy and Veges

Lemon Curd Flan

Afternoon Tea

Lamingtons

Dinner


Minestrone

Mince on Toast OR Crumbed Chicken with
Lettuce Salad

Sago and Fruit

Supper

A selection of biscuits, milk and hot drinks



Monday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Scones with Strawberry Jam

Lunch

Roast Chicken and Stuffing with Veggies

Layered Mousse Crepes

Afternoon Tea

Cranberry and Walnut Fudge

Dinner

Tomato, Basil, and Red Lentil Soup

Open Cheese Burger OR Poached Eggs on Toast

Jelly and Fruit

Supper

A selection of biscuits, milk and hot drinks



Tuesday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Blueberry Muffins

Lunch

Warmed Pickled Pork with Cream Chive Sauce and Veges

Bread and Butter Pudding

Afternoon Tea

Lemon and Poppy Seed Cake

Dinner

Chicken and Corn Soup

Baked Potato Topped with Tuna Mornay OR Scrambled Egg on Hash Browns

Custard and Fruit

Supper

A selection of biscuits, milk and hot drinks



Wednesday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Cheese Puff Muffins

Lunch

Roast Lamb with Mint Gravy and Veges

Jelly with Fruit Salad

Afternoon Tea

Cream Sponge

Dinner

Kumara and Bacon Soup

Hot Roast Vegetable Salad with Sliced
Chicken Sausages OR Tomatoes
and Hash Browns

Stewed Apples and Cinnamon

Supper

A selection of biscuits, milk and hot drinks



Thursday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Apple Spiced Muffins

Lunch

Braised Steak in Red Wine with Onions and Veges

Pear Rice Pudding with Raspberry Topping

Afternoon Tea

Sultana Biscuits

Dinner


Winter Vegetable Soup

Bacon and Eggs on Toast OR Sliced Ham, Tomato and Cheese on Toast

Instant Pudding

Supper

A selection of biscuits, milk and hot drinks



Friday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Hawaiian Pizza Fingers

Lunch

Battered Fish, Tartare Sauce and Veges

Peach Shortcake and Ice Cream

Afternoon Tea

Chocolate Fudge

Dinner

Pea and Mint Soup

Traditional Macaroni Cheese OR Crumbed Chicken and Salad

Fruit and Cream

Supper

A selection of biscuits, milk and hot drinks

Saturday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Jam Scones

Lunch

Winter Beef Casserole with Veges

Custard Square

Afternoon Tea

Carrot Cake

Dinner

Brown Onion Soup

Pea, Pie and Spud OR Ham and Cheese

Salad with Relish

Rice Pudding

Supper

A selection of biscuits, milk and hot drinks



Sunday

Breakfast

A selection of cereals, fruit, toast, hot porridge and beverages

Morning Tea

Savoury Muffins

Lunch

Roast Pork and Veges

Apricot and Almond Crumble
and Ice Cream

Afternoon Tea

Sultana Jam Slice

Dinner

Creamy Pumpkin Soup

Mushroom and Bacon on Toast OR
Baked Beans and Toast

Mousse with Mandarins

Supper

A selection of biscuits, milk and hot drinks

