

This is our Coppin Suites menu.



		Monday Sep-29	Tuesday Sep-30	Wednesday Oct-01	Thursday Oct-02	Friday Oct-03	Saturday Oct-04	Sunday Oct-05
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese, Chive & Bacon Frittata	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main choice 1	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	Main choice 2	Mushroom Pie	Veggie Burgers with Cheese	Pasta	Vegetarian Risotto	Chickpea Curry & Rice	Tofu Noodle Stir Fry	Vegetable Patties and Tomato relish
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Herbed Potatoes, Broccoli & Carrots	Mash, Green Beans & Pumpkin	Multicultural Food Day, Multicultural Food Day	Roast Potato, Broccoli & Red Cabbage	Chips/Mash, Coleslaw or Buttery Mixed Veg	Sweet Potato Mash, Zucchini & Cauliflower	Roasted Rosemary Potatoes, Pumpkin & Peas
	Dessert	Strawberry Cheesecake	Lemon Tart	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	Main choice 1	Beef Lasagne, Garlic Bread, Garden Salad	Butter Chicken , Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Egg & Veg Fried Rice	Chicken Tenders, Mash, Beans & Carrot
	Main choice 2	Noodle Stir Fry	Vegetable Stack	Cheese Croissant	Quiche	Veggie Pastie	Egg and vegetable Fried Rice	Vegetarian Sausages
	Dessert	Chocolate Blancmange	Pear Upside-down Cake	Baked Banana Custard	Ricotta & Fruit Tart	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Oct-06	Tuesday Oct-07	Wednesday Oct-08	Thursday Oct-09	Friday Oct-10	Saturday Oct-11	Sunday Oct-12
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate Muffins	Savoury Finger Foods	Scones with Jam & Cream	Coconut Cake	Carrot Cake	Cheese with Crackers or Dip	Banana Cake
Lunch	Main choice 1	Beef Meatballs	Seafood Combo	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Fried Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	Main choice 2	Vegetable Quiche	Lentil and Tomato Hot Pot	Vegetarian Pasta	Vegie Patties	Frittata	Garlic Sesame Tofu	Vegetable & Lentil Lasagne
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Green Beans & Carrots	Chips/Mash, Broccoli & Carrot	CHEFS CHOICE, CHEFS CHOICE	Mash, Pumpkin & Zucchini	Chips/Mash, Coleslaw or Mixed Vegetables	Rice, Honeyed Carrots & Broccoli	Mash, Roast Parsnip, Carrot & Peas
	Dessert	Pavlova with Mascarpone & Fruit	Lemon Cheesecake	Bread & Butter Pudding	Chocolate Self Saucing Pudding	Trifle	Custard Tart	Impossible Pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	Main choice 1	Marinated Pork, Noodles, Asian Vegetables	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed spinach and tomato	Beef Teriyaki, Egg Noodles, Cabbage, Broccoli	Lamb Meatloaf with Tzatziki, Flatbread & Greek Salad	Chicken Cacciatore, Rice or Pasta , Broccoli
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Vegetable Pastie	Egg Noodles and Veg	Chickpea Burgers with Tzatziki	Honey Soy Stir Fry
	Dessert	Peach Sponge	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

Hello

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		Monday Oct-13	Tuesday Oct-14	Wednesday Oct-15	Thursday Oct-16	Friday Oct-17	Saturday Oct-18	Sunday Oct-19
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with Crackers, Cheese & Vegetable Sticks	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Spice Cinnamon Cake
Lunch	Main choice 1	Lamb Chops	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish and Chips	Marinated Lamb	Lemon and Thyme Roasted Chicken
	Main choice 2	Chicken or Veggie Burger with Cheese	Ricotta Ravioli with Napoli	Risotto	Vegetarian Sausages	Veggie Patty Parmas	Stir Fry Garlic Vegetables & Noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli & Honey Carrots	Buttery Mash, Sauteed Silverbeet & Baked Pumpkin	Roast Potatoes, Braised Cabbage, Cauliflower Cheese & Broccoli	Creamy Potato Bake, Steamed Carrots & Zucchini	Chips/Mash, Coleslaw	Herbed Potatoes, Roasted Vegetable Medley	Creamy Mash, Roast Pumpkin & Broccoli
	Dessert	Peach Upside Down Cake	Waffles with Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	Trifle	Lemon Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	Main choice 1	Spinach & Ricotta Cannelloni, Greek Salad,	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Chips, Salad	Lamb Rissoles, Relish, Herbed Potatoes, Ratatoullie	Beef Stroganoff, Pasta, Salad	Pork in Plum Sauce, Egg Fried Rice, Stir-fried Asian Vegetables	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese
	Main choice 2	Tofu Sweet and Sour Stir Fry	Vegetarian Sausages	Vegetarian Shepards Pie	Quiche	Pesto and Ricotta Pasta	Egg and vegetable Fried Rice	Zucchini Fritters
	Dessert	Berry Fool	Chocolate Brownie	Rice Pudding with Sultanas	Sticky Date Self-Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	Ice cream Sundaes
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

Hello

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		Monday Oct-20	Tuesday Oct-21	Wednesday Oct-22	Thursday Oct-23	Friday Oct-24	Saturday Oct-25	Sunday Oct-26
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble Cake	Banana Muffins	Scones	Sponge Cake with Jam & Cream	Choc Chip Cookies	Fruit Cake	Cheese & Crackers with Dip
Lunch	Main choice 1	Roast Pork & Mustard Sauce	Chicken Parmigiana	Roast Lamb with Mint Sauce	Pork Steak	Fish and Chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy Pasta Bake	Vegetable Stew	Vegetable Burgers	Pumpkin and Spinach Risotto	Egg & Lentil Dahl with Rice	Homemade Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Carrots & Beans	Potatoes, Garden Salad/ Brussel Sprouts and Cauliflower Cheese	Mash, Roast Pumpkin and Brussel Sprouts	Mash, Steamed Broccoli & Carrots	Chips/Mash, Coleslaw/ Braised Cabbage, Carrot & Beans	Potatoes, Broccoli & Baked Pumpkin	Roasted Rosemary Potatoes, Roasted Carrots, Pumpkin & Beans
	Dessert	Salted Caramel Brownie	Blueberry Cheesecake	Pavlova with Mascarpone & Fruit	Fruit Danish	Marmalade Bread & Butter Pudding	Cinnamon Rice Pudding	Steamed Jam Sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Tomato & Basil	Zucchini	Roasted Red Capsicum & Ricotta	Beef & Veg	Spring Vegetable and Bean	Cauliflower & Bacon	Vegetable & White Bean
	Main choice 1	Shepherd's Pie	Beef Satay, Steamed Rice, Asian Stir Fried Vegetables	Curried Sausages Creamed Spinach and Carrot	Apricot Chicken, Rice, Broccoli and Diced Carrots	Lamb Ragu, Mash, Zucchini and Carrot	Braised Beef, Mash, Carrots & Beans	Homemade Chicken & Leek Pie, Chips & Garden Salad
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Honey Soy Tofu with Rice	Quiche and Vegetables	Baked Potatoes	Vegetable Pastie
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

This is our Coppin Suites menu.



		Monday Oct-27	Tuesday Oct-28	Wednesday Oct-29	Thursday Oct-30	Friday Oct-31	Saturday Nov-01	Sunday Nov-02
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese, Chive & Bacon Frittata	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main choice 1	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	Main choice 2	Mushroom Pie	Veggie Burgers with Cheese	Pasta	Vegetarian Risotto	Chickpea Curry & Rice	Tofu Noodle Stir Fry	Vegetable Patties and Tomato relish
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Herbed Potatoes, Broccoli & Carrots	Mash, Green Beans & Pumpkin	Multicultural Food Day, Multicultural Food Day	Roast Potato, Broccoli & Red Cabbage	Chips/Mash, Coleslaw or Buttery Mixed Veg	Sweet Potato Mash, Zucchini & Cauliflower	Roasted Rosemary Potatoes, Pumpkin & Peas
	Dessert	Strawberry Cheesecake	Lemon Tart	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	Main choice 1	Beef Lasagne, Garlic Bread, Garden Salad	Butter Chicken , Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Egg & Veg Fried Rice	Chicken Tenders, Mash, Beans & Carrot
	Main choice 2	Noodle Stir Fry	Vegetable Stack	Cheese Croissant	Quiche	Vegie Pastie	Egg and vegetable Fried Rice	Vegetarian Sausages
	Dessert	Chocolate Blancmange	Pear Upside-down Cake	Baked Banana Custard	Ricotta & Fruit Tart	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Nov-03	Tuesday Nov-04	Wednesday Nov-05	Thursday Nov-06	Friday Nov-07	Saturday Nov-08	Sunday Nov-09
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate Muffins	Savoury Finger Foods	Scones with Jam & Cream	Coconut Cake	Carrot Cake	Cheese with Crackers or Dip	Banana Cake
Lunch	Main choice 1	Beef Meatballs	Seafood Combo	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Fried Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	Main choice 2	Vegetable Quiche	Lentil and Tomato Hot Pot	Vegetarian Pasta	Vegie Patties	Frittata	Garlic Sesame Tofu	Vegetable & Lentil Lasagne
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Green Beans & Carrots	Chips/Mash, Broccoli & Carrot	CHEFS CHOICE, CHEFS CHOICE	Mash, Pumpkin & Zucchini	Chips/Mash, Coleslaw or Mixed Vegetables	Rice, Honeyed Carrots & Broccoli	Mash, Roast Parsnip, Carrot & Peas
	Dessert	Pavlova with Mascarpone & Fruit	Lemon Cheesecake	Bread & Butter Pudding	Chocolate Self Saucing Pudding	Trifle	Custard Tart	Impossible Pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	Main choice 1	Marinated Pork, Noodles, Asian Vegetables	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed spinach and tomato	Beef Teriyaki, Egg Noodles, Cabbage, Broccoli	Lamb Meatloaf with Tzatziki, Flatbread & Greek Salad	Chicken Cacciatore, Rice or Pasta , Broccoli
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Vegetable Pastie	Egg Noodles and Veg	Chickpea Burgers with Tzatziki	Honey Soy Stir Fry
	Dessert	Peach Sponge	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Nov-10	Tuesday Nov-11	Wednesday Nov-12	Thursday Nov-13	Friday Nov-14	Saturday Nov-15	Sunday Nov-16
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with Crackers, Cheese & Vegetable Sticks	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Spice Cinnamon Cake
Lunch	Main choice 1	Lamb Chops	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish and Chips	Marinated Lamb	Lemon and Thyme Roasted Chicken
	Main choice 2	Chicken or Veggie Burger with Cheese	Ricotta Ravioli with Napoli	Risotto	Vegetarian Sausages	Veggie Patty Parmas	Stir Fry Garlic Vegetables & Noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli & Honey Carrots	Buttery Mash, Sauteed Silverbeet & Baked Pumpkin	Roast Potatoes, Braised Cabbage, Cauliflower Cheese & Broccoli	Creamy Potato Bake, Steamed Carrots & Zucchini	Chips/Mash, Coleslaw	Herbed Potatoes, Roasted Vegetable Medley	Creamy Mash, Roast Pumpkin & Broccoli
	Dessert	Peach Upside Down Cake	Waffles with Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	Trifle	Lemon Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	Main choice 1	Spinach & Ricotta Cannelloni, Greek Salad,	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Chips, Salad	Lamb Rissoles, Relish, Herbed Potatoes, Ratatoullie	Beef Stroganoff, Pasta, Salad	Pork in Plum Sauce, Egg Fried Rice, Stir-fried Asian Vegetables	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese
	Main choice 2	Tofu Sweet and Sour Stir Fry	Vegetarian Sausages	Vegetarian Shepards Pie	Quiche	Pesto and Ricotta Pasta	Egg and vegetable Fried Rice	Zucchini Fritters
	Dessert	Berry Fool	Chocolate Brownie	Rice Pudding with Sultanas	Sticky Date Self-Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	Ice cream Sundaes
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

This is our Coppin Suites menu.



		Monday Nov-17	Tuesday Nov-18	Wednesday Nov-19	Thursday Nov-20	Friday Nov-21	Saturday Nov-22	Sunday Nov-23
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble Cake	Banana Muffins	Scones	Sponge Cake with Jam & Cream	Choc Chip Cookies	Fruit Cake	Cheese & Crackers with Dip
Lunch	Main choice 1	Roast Pork & Mustard Sauce	Chicken Parmigiana	Roast Lamb with Mint Sauce	Pork Steak	Fish and Chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy Pasta Bake	Vegetable Stew	Vegetable Burgers	Pumpkin and Spinach Risotto	Egg & Lentil Dahl with Rice	Homemade Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Carrots & Beans	Potatoes, Garden Salad/ Brussel Sprouts and Cauliflower Cheese	Mash, Roast Pumpkin and Brussel Sprouts	Mash, Steamed Broccoli & Carrots	Chips/Mash, Coleslaw/ Braised Cabbage, Carrot & Beans	Potatoes, Broccoli & Baked Pumpkin	Roasted Rosemary Potatoes, Roasted Carrots, Pumpkin & Beans
	Dessert	Salted Caramel Brownie	Blueberry Cheesecake	Pavlova with Mascarpone & Fruit	Fruit Danish	Marmalade Bread & Butter Pudding	Cinnamon Rice Pudding	Steamed Jam Sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Tomato & Basil	Zucchini	Roasted Red Capsicum & Ricotta	Beef & Veg	Spring Vegetable and Bean	Cauliflower & Bacon	Vegetable & White Bean
	Main choice 1	Shepherd's Pie	Beef Satay, Steamed Rice, Asian Stir Fried Vegetables	Curried Sausages Creamed Spinach and Carrot	Apricot Chicken, Rice, Broccoli and Diced Carrots	Lamb Ragu, Mash, Zucchini and Carrot	Braised Beef, Mash, Carrots & Beans	Homemade Chicken & Leek Pie, Chips & Garden Salad
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Honey Soy Tofu with Rice	Quiche and Vegetables	Baked Potatoes	Vegetable Pastie
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

This is our Coppin Suites menu.



		Monday Nov-24	Tuesday Nov-25	Wednesday Nov-26	Thursday Nov-27	Friday Nov-28	Saturday Nov-29	Sunday Nov-30
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese, Chive & Bacon Frittata	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main choice 1	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	Main choice 2	Mushroom Pie	Veggie Burgers with Cheese	Pasta	Vegetarian Risotto	Chickpea Curry & Rice	Tofu Noodle Stir Fry	Vegetable Patties and Tomato relish
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognese
	Served with	Herbed Potatoes, Broccoli & Carrots	Mash, Green Beans & Pumpkin	Multicultural Food Day, Multicultural Food Day	Roast Potato, Broccoli & Red Cabbage	Chips/Mash, Coleslaw or Buttery Mixed Veg	Sweet Potato Mash, Zucchini & Cauliflower	Roasted Rosemary Potatoes, Pumpkin & Peas
	Dessert	Strawberry Cheesecake	Lemon Tart	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	Main choice 1	Beef Lasagne, Garlic Bread, Garden Salad	Butter Chicken , Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Egg & Veg Fried Rice	Chicken Tenders, Mash, Beans & Carrot
	Main choice 2	Noodle Stir Fry	Vegetable Stack	Cheese Croissant	Quiche	Vegie Pastie	Egg and vegetable Fried Rice	Vegetarian Sausages
	Dessert	Chocolate Blancmange	Pear Upside-down Cake	Baked Banana Custard	Ricotta & Fruit Tart	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Dec-01	Tuesday Dec-02	Wednesday Dec-03	Thursday Dec-04	Friday Dec-05	Saturday Dec-06	Sunday Dec-07
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate Muffins	Savoury Finger Foods	Scones with Jam & Cream	Coconut Cake	Carrot Cake	Cheese with Crackers or Dip	Banana Cake
Lunch	Main choice 1	Beef Meatballs	Seafood Combo	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Fried Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	Main choice 2	Vegetable Quiche	Lentil and Tomato Hot Pot	Vegetarian Pasta	Vegie Patties	Frittata	Garlic Sesame Tofu	Vegetable & Lentil Lasagne
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Green Beans & Carrots	Chips/Mash, Broccoli & Carrot	CHEFS CHOICE, CHEFS CHOICE	Mash, Pumpkin & Zucchini	Chips/Mash, Coleslaw or Mixed Vegetables	Rice, Honeyed Carrots & Broccoli	Mash, Roast Parsnip, Carrot & Peas
	Dessert	Pavlova with Mascarpone & Fruit	Lemon Cheesecake	Bread & Butter Pudding	Chocolate Self Saucing Pudding	Trifle	Custard Tart	Impossible Pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	Main choice 1	Marinated Pork, Noodles, Asian Vegetables	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed spinach and tomato	Beef Teriyaki, Egg Noodles, Cabbage, Broccoli	Lamb Meatloaf with Tzatziki, Flatbread & Greek Salad	Chicken Cacciatore, Rice or Pasta , Broccoli
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Vegetable Pastie	Egg Noodles and Veg	Chickpea Burgers with Tzatziki	Honey Soy Stir Fry
	Dessert	Peach Sponge	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Dec-08	Tuesday Dec-09	Wednesday Dec-10	Thursday Dec-11	Friday Dec-12	Saturday Dec-13	Sunday Dec-14
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with Crackers, Cheese & Vegetable Sticks	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Spice Cinnamon Cake
Lunch	Main choice 1	Lamb Chops	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish and Chips	Marinated Lamb	Lemon and Thyme Roasted Chicken
	Main choice 2	Chicken or Veggie Burger with Cheese	Ricotta Ravioli with Napoli	Risotto	Vegetarian Sausages	Veggie Patty Parmas	Stir Fry Garlic Vegetables & Noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli & Honey Carrots	Buttery Mash, Sauteed Silverbeet & Baked Pumpkin	Roast Potatoes, Braised Cabbage, Cauliflower Cheese & Broccoli	Creamy Potato Bake, Steamed Carrots & Zucchini	Chips/Mash, Coleslaw	Herbed Potatoes, Roasted Vegetable Medley	Creamy Mash, Roast Pumpkin & Broccoli
	Dessert	Peach Upside Down Cake	Waffles with Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	Trifle	Lemon Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	Main choice 1	Spinach & Ricotta Cannelloni, Greek Salad,	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Chips, Salad	Lamb Rissoles, Relish, Herbed Potatoes, Ratatoullie	Beef Stroganoff, Pasta, Salad	Pork in Plum Sauce, Egg Fried Rice, Stir-fried Asian Vegetables	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese
	Main choice 2	Tofu Sweet and Sour Stir Fry	Vegetarian Sausages	Vegetarian Shepards Pie	Quiche	Pesto and Ricotta Pasta	Egg and vegetable Fried Rice	Zucchini Fritters
	Dessert	Berry Fool	Chocolate Brownie	Rice Pudding with Sultanas	Sticky Date Self-Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	Ice cream Sundaes
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Dec-15	Tuesday Dec-16	Wednesday Dec-17	Thursday Dec-18	Friday Dec-19	Saturday Dec-20	Sunday Dec-21
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble Cake	Banana Muffins	Scones	Sponge Cake with Jam & Cream	Choc Chip Cookies	Fruit Cake	Cheese & Crackers with Dip
Lunch	Main choice 1	Roast Pork & Mustard Sauce	Chicken Parmigiana	Roast Lamb with Mint Sauce	Pork Steak	Fish and Chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy Pasta Bake	Vegetable Stew	Vegetable Burgers	Pumpkin and Spinach Risotto	Egg & Lentil Dahl with Rice	Homemade Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Carrots & Beans	Potatoes, Garden Salad/ Brussel Sprouts and Cauliflower Cheese	Mash, Roast Pumpkin and Brussel Sprouts	Mash, Steamed Broccoli & Carrots	Chips/Mash, Coleslaw/ Braised Cabbage, Carrot & Beans	Potatoes, Broccoli & Baked Pumpkin	Roasted Rosemary Potatoes, Roasted Carrots, Pumpkin & Beans
	Dessert	Salted Caramel Brownie	Blueberry Cheesecake	Pavlova with Mascarpone & Fruit	Fruit Danish	Marmalade Bread & Butter Pudding	Cinnamon Rice Pudding	Steamed Jam Sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Tomato & Basil	Zucchini	Roasted Red Capsicum & Ricotta	Beef & Veg	Spring Vegetable and Bean	Cauliflower & Bacon	Vegetable & White Bean
	Main choice 1	Shepherd's Pie	Beef Satay, Steamed Rice, Asian Stir Fried Vegetables	Curried Sausages Creamed Spinach and Carrot	Apricot Chicken, Rice, Broccoli and Diced Carrots	Lamb Ragu, Mash, Zucchini and Carrot	Braised Beef, Mash, Carrots & Beans	Homemade Chicken & Leek Pie, Chips & Garden Salad
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Honey Soy Tofu with Rice	Quiche and Vegetables	Baked Potatoes	Vegetable Pastie
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Dec-22	Tuesday Dec-23	Wednesday Dec-24	Thursday Dec-25	Friday Dec-26	Saturday Dec-27	Sunday Dec-28
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese, Chive & Bacon Frittata	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main choice 1	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	Main choice 2	Mushroom Pie	Veggie Burgers with Cheese	Pasta	Vegetarian Risotto	Chickpea Curry & Rice	Tofu Noodle Stir Fry	Vegetable Patties and Tomato relish
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Herbed Potatoes, Broccoli & Carrots	Mash, Green Beans & Pumpkin	Multicultural Food Day, Multicultural Food Day	Roast Potato, Broccoli & Red Cabbage	Chips/Mash, Coleslaw or Buttery Mixed Veg	Sweet Potato Mash, Zucchini & Cauliflower	Roasted Rosemary Potatoes, Pumpkin & Peas
	Dessert	Strawberry Cheesecake	Lemon Tart	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	Main choice 1	Beef Lasagne, Garlic Bread, Garden Salad	Butter Chicken , Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Egg & Veg Fried Rice	Chicken Tenders, Mash, Beans & Carrot
	Main choice 2	Noodle Stir Fry	Vegetable Stack	Cheese Croissant	Quiche	Veggie Pastie	Egg and vegetable Fried Rice	Vegetarian Sausages
	Dessert	Chocolate Blancmange	Pear Upside-down Cake	Baked Banana Custard	Ricotta & Fruit Tart	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Dec-29	Tuesday Dec-30	Wednesday Dec-31	Thursday Jan-01	Friday Jan-02	Saturday Jan-03	Sunday Jan-04
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate Muffins	Savoury Finger Foods	Scones with Jam & Cream	Coconut Cake	Carrot Cake	Cheese with Crackers or Dip	Banana Cake
Lunch	Main choice 1	Beef Meatballs	Seafood Combo	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Fried Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	Main choice 2	Vegetable Quiche	Lentil and Tomato Hot Pot	Vegetarian Pasta	Vegie Patties	Frittata	Garlic Sesame Tofu	Vegetable & Lentil Lasagne
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Green Beans & Carrots	Chips/Mash, Broccoli & Carrot	CHEFS CHOICE, CHEFS CHOICE	Mash, Pumpkin & Zucchini	Chips/Mash, Coleslaw or Mixed Vegetables	Rice, Honeyed Carrots & Broccoli	Mash, Roast Parsnip, Carrot & Peas
	Dessert	Pavlova with Mascarpone & Fruit	Lemon Cheesecake	Bread & Butter Pudding	Chocolate Self Saucing Pudding	Trifle	Custard Tart	Impossible Pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	Main choice 1	Marinated Pork, Noodles, Asian Vegetables	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed spinach and tomato	Beef Teriyaki, Egg Noodles, Cabbage, Broccoli	Lamb Meatloaf with Tzatziki, Flatbread & Greek Salad	Chicken Cacciatore, Rice or Pasta , Broccoli
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Vegetable Pastie	Egg Noodles and Veg	Chickpea Burgers with Tzatziki	Honey Soy Stir Fry
	Dessert	Peach Sponge	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Jan-05	Tuesday Jan-06	Wednesday Jan-07	Thursday Jan-08	Friday Jan-09	Saturday Jan-10	Sunday Jan-11
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with Crackers, Cheese & Vegetable Sticks	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Spice Cinnamon Cake
Lunch	Main choice 1	Lamb Chops	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish and Chips	Marinated Lamb	Lemon and Thyme Roasted Chicken
	Main choice 2	Chicken or Veggie Burger with Cheese	Ricotta Ravioli with Napoli	Risotto	Vegetarian Sausages	Veggie Patty Parmas	Stir Fry Garlic Vegetables & Noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli & Honey Carrots	Buttery Mash, Sauteed Silverbeet & Baked Pumpkin	Roast Potatoes, Braised Cabbage, Cauliflower Cheese & Broccoli	Creamy Potato Bake, Steamed Carrots & Zucchini	Chips/Mash, Coleslaw	Herbed Potatoes, Roasted Vegetable Medley	Creamy Mash, Roast Pumpkin & Broccoli
	Dessert	Peach Upside Down Cake	Waffles with Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	Trifle	Lemon Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	Main choice 1	Spinach & Ricotta Cannelloni, Greek Salad,	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Chips, Salad	Lamb Rissoles, Relish, Herbed Potatoes, Ratatoullie	Beef Stroganoff, Pasta, Salad	Pork in Plum Sauce, Egg Fried Rice, Stir-fried Asian Vegetables	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese
	Main choice 2	Tofu Sweet and Sour Stir Fry	Vegetarian Sausages	Vegetarian Shepards Pie	Quiche	Pesto and Ricotta Pasta	Egg and vegetable Fried Rice	Zucchini Fritters
	Dessert	Berry Fool	Chocolate Brownie	Rice Pudding with Sultanas	Sticky Date Self-Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	Ice cream Sundaes
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Jan-12	Tuesday Jan-13	Wednesday Jan-14	Thursday Jan-15	Friday Jan-16	Saturday Jan-17	Sunday Jan-18
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble Cake	Banana Muffins	Scones	Sponge Cake with Jam & Cream	Choc Chip Cookies	Fruit Cake	Cheese & Crackers with Dip
Lunch	Main choice 1	Roast Pork & Mustard Sauce	Chicken Parmigiana	Roast Lamb with Mint Sauce	Pork Steak	Fish and Chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy Pasta Bake	Vegetable Stew	Vegetable Burgers	Pumpkin and Spinach Risotto	Egg & Lentil Dahl with Rice	Homemade Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Carrots & Beans	Potatoes, Garden Salad/ Brussel Sprouts and Cauliflower Cheese	Mash, Roast Pumpkin and Brussel Sprouts	Mash, Steamed Broccoli & Carrots	Chips/Mash, Coleslaw/ Braised Cabbage, Carrot & Beans	Potatoes, Broccoli & Baked Pumpkin	Roasted Rosemary Potatoes, Roasted Carrots, Pumpkin & Beans
	Dessert	Salted Caramel Brownie	Blueberry Cheesecake	Pavlova with Mascarpone & Fruit	Fruit Danish	Marmalade Bread & Butter Pudding	Cinnamon Rice Pudding	Steamed Jam Sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Tomato & Basil	Zucchini	Roasted Red Capsicum & Ricotta	Beef & Veg	Spring Vegetable and Bean	Cauliflower & Bacon	Vegetable & White Bean
	Main choice 1	Shepherd's Pie	Beef Satay, Steamed Rice, Asian Stir Fried Vegetables	Curried Sausages Creamed Spinach and Carrot	Apricot Chicken, Rice, Broccoli and Diced Carrots	Lamb Ragu, Mash, Zucchini and Carrot	Braised Beef, Mash, Carrots & Beans	Homemade Chicken & Leek Pie, Chips & Garden Salad
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Honey Soy Tofu with Rice	Quiche and Vegetables	Baked Potatoes	Vegetable Pastie
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Jan-19	Tuesday Jan-20	Wednesday Jan-21	Thursday Jan-22	Friday Jan-23	Saturday Jan-24	Sunday Jan-25
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese, Chive & Bacon Frittata	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main choice 1	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	Main choice 2	Mushroom Pie	Veggie Burgers with Cheese	Pasta	Vegetarian Risotto	Chickpea Curry & Rice	Tofu Noodle Stir Fry	Vegetable Patties and Tomato relish
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognese
	Served with	Herbed Potatoes, Broccoli & Carrots	Mash, Green Beans & Pumpkin	Multicultural Food Day, Multicultural Food Day	Roast Potato, Broccoli & Red Cabbage	Chips/Mash, Coleslaw or Buttery Mixed Veg	Sweet Potato Mash, Zucchini & Cauliflower	Roasted Rosemary Potatoes, Pumpkin & Peas
	Dessert	Strawberry Cheesecake	Lemon Tart	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	Main choice 1	Beef Lasagne, Garlic Bread, Garden Salad	Butter Chicken , Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Egg & Veg Fried Rice	Chicken Tenders, Mash, Beans & Carrot
	Main choice 2	Noodle Stir Fry	Vegetable Stack	Cheese Croissant	Quiche	Vegie Pastie	Egg and vegetable Fried Rice	Vegetarian Sausages
	Dessert	Chocolate Blancmange	Pear Upside-down Cake	Baked Banana Custard	Ricotta & Fruit Tart	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Jan-26	Tuesday Jan-27	Wednesday Jan-28	Thursday Jan-29	Friday Jan-30	Saturday Jan-31	Sunday Feb-01
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate Muffins	Savoury Finger Foods	Scones with Jam & Cream	Coconut Cake	Carrot Cake	Cheese with Crackers or Dip	Banana Cake
Lunch	Main choice 1	Beef Meatballs	Seafood Combo	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Fried Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	Main choice 2	Vegetable Quiche	Lentil and Tomato Hot Pot	Vegetarian Pasta	Vegie Patties	Frittata	Garlic Sesame Tofu	Vegetable & Lentil Lasagne
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Green Beans & Carrots	Chips/Mash, Broccoli & Carrot	CHEFS CHOICE, CHEFS CHOICE	Mash, Pumpkin & Zucchini	Chips/Mash, Coleslaw or Mixed Vegetables	Rice, Honeyed Carrots & Broccoli	Mash, Roast Parsnip, Carrot & Peas
	Dessert	Pavlova with Mascarpone & Fruit	Lemon Cheesecake	Bread & Butter Pudding	Chocolate Self Saucing Pudding	Trifle	Custard Tart	Impossible Pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	Main choice 1	Marinated Pork, Noodles, Asian Vegetables	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed spinach and tomato	Beef Teriyaki, Egg Noodles, Cabbage, Broccoli	Lamb Meatloaf with Tzatziki, Flatbread & Greek Salad	Chicken Cacciatore, Rice or Pasta , Broccoli
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Vegetable Pastie	Egg Noodles and Veg	Chickpea Burgers with Tzatziki	Honey Soy Stir Fry
	Dessert	Peach Sponge	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Feb-02	Tuesday Feb-03	Wednesday Feb-04	Thursday Feb-05	Friday Feb-06	Saturday Feb-07	Sunday Feb-08
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with Crackers, Cheese & Vegetable Sticks	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Spice Cinnamon Cake
Lunch	Main choice 1	Lamb Chops	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish and Chips	Marinated Lamb	Lemon and Thyme Roasted Chicken
	Main choice 2	Chicken or Veggie Burger with Cheese	Ricotta Ravioli with Napoli	Risotto	Vegetarian Sausages	Veggie Patty Parmas	Stir Fry Garlic Vegetables & Noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli & Honey Carrots	Buttery Mash, Sauteed Silverbeet & Baked Pumpkin	Roast Potatoes, Braised Cabbage, Cauliflower Cheese & Broccoli	Creamy Potato Bake, Steamed Carrots & Zucchini	Chips/Mash, Coleslaw	Herbed Potatoes, Roasted Vegetable Medley	Creamy Mash, Roast Pumpkin & Broccoli
	Dessert	Peach Upside Down Cake	Waffles with Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	Trifle	Lemon Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	Main choice 1	Spinach & Ricotta Cannelloni, Greek Salad,	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Chips, Salad	Lamb Rissoles, Relish, Herbed Potatoes, Ratatoullie	Beef Stroganoff, Pasta, Salad	Pork in Plum Sauce, Egg Fried Rice, Stir-fried Asian Vegetables	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese
	Main choice 2	Tofu Sweet and Sour Stir Fry	Vegetarian Sausages	Vegetarian Shepards Pie	Quiche	Pesto and Ricotta Pasta	Egg and vegetable Fried Rice	Zucchini Fritters
	Dessert	Berry Fool	Chocolate Brownie	Rice Pudding with Sultanas	Sticky Date Self-Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	Ice cream Sundaes
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Feb-09	Tuesday Feb-10	Wednesday Feb-11	Thursday Feb-12	Friday Feb-13	Saturday Feb-14	Sunday Feb-15
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble Cake	Banana Muffins	Scones	Sponge Cake with Jam & Cream	Choc Chip Cookies	Fruit Cake	Cheese & Crackers with Dip
Lunch	Main choice 1	Roast Pork & Mustard Sauce	Chicken Parmigiana	Roast Lamb with Mint Sauce	Pork Steak	Fish and Chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy Pasta Bake	Vegetable Stew	Vegetable Burgers	Pumpkin and Spinach Risotto	Egg & Lentil Dahl with Rice	Homemade Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Carrots & Beans	Potatoes, Garden Salad/ Brussel Sprouts and Cauliflower Cheese	Mash, Roast Pumpkin and Brussel Sprouts	Mash, Steamed Broccoli & Carrots	Chips/Mash, Coleslaw/ Braised Cabbage, Carrot & Beans	Potatoes, Broccoli & Baked Pumpkin	Roasted Rosemary Potatoes, Roasted Carrots, Pumpkin & Beans
	Dessert	Salted Caramel Brownie	Blueberry Cheesecake	Pavlova with Mascarpone & Fruit	Fruit Danish	Marmalade Bread & Butter Pudding	Cinnamon Rice Pudding	Steamed Jam Sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Tomato & Basil	Zucchini	Roasted Red Capsicum & Ricotta	Beef & Veg	Spring Vegetable and Bean	Cauliflower & Bacon	Vegetable & White Bean
	Main choice 1	Shepherd's Pie	Beef Satay, Steamed Rice, Asian Stir Fried Vegetables	Curried Sausages Creamed Spinach and Carrot	Apricot Chicken, Rice, Broccoli and Diced Carrots	Lamb Ragu, Mash, Zucchini and Carrot	Braised Beef, Mash, Carrots & Beans	Homemade Chicken & Leek Pie, Chips & Garden Salad
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Honey Soy Tofu with Rice	Quiche and Vegetables	Baked Potatoes	Vegetable Pastie
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Feb-16	Tuesday Feb-17	Wednesday Feb-18	Thursday Feb-19	Friday Feb-20	Saturday Feb-21	Sunday Feb-22
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese, Chive & Bacon Frittata	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main choice 1	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	Main choice 2	Mushroom Pie	Veggie Burgers with Cheese	Pasta	Vegetarian Risotto	Chickpea Curry & Rice	Tofu Noodle Stir Fry	Vegetable Patties and Tomato relish
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Herbed Potatoes, Broccoli & Carrots	Mash, Green Beans & Pumpkin	Multicultural Food Day, Multicultural Food Day	Roast Potato, Broccoli & Red Cabbage	Chips/Mash, Coleslaw or Buttery Mixed Veg	Sweet Potato Mash, Zucchini & Cauliflower	Roasted Rosemary Potatoes, Pumpkin & Peas
	Dessert	Strawberry Cheesecake	Lemon Tart	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	Main choice 1	Beef Lasagne, Garlic Bread, Garden Salad	Butter Chicken , Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Egg & Veg Fried Rice	Chicken Tenders, Mash, Beans & Carrot
	Main choice 2	Noodle Stir Fry	Vegetable Stack	Cheese Croissant	Quiche	Vegie Pastie	Egg and vegetable Fried Rice	Vegetarian Sausages
	Dessert	Chocolate Blancmange	Pear Upside-down Cake	Baked Banana Custard	Ricotta & Fruit Tart	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Feb-23	Tuesday Feb-24	Wednesday Feb-25	Thursday Feb-26	Friday Feb-27	Saturday Feb-28	Sunday Mar-01
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate Muffins	Savoury Finger Foods	Scones with Jam & Cream	Coconut Cake	Carrot Cake	Cheese with Crackers or Dip	Banana Cake
Lunch	Main choice 1	Beef Meatballs	Seafood Combo	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Fried Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	Main choice 2	Vegetable Quiche	Lentil and Tomato Hot Pot	Vegetarian Pasta	Vegie Patties	Frittata	Garlic Sesame Tofu	Vegetable & Lentil Lasagne
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Green Beans & Carrots	Chips/Mash, Broccoli & Carrot	CHEFS CHOICE, CHEFS CHOICE	Mash, Pumpkin & Zucchini	Chips/Mash, Coleslaw or Mixed Vegetables	Rice, Honeyed Carrots & Broccoli	Mash, Roast Parsnip, Carrot & Peas
	Dessert	Pavlova with Mascarpone & Fruit	Lemon Cheesecake	Bread & Butter Pudding	Chocolate Self Saucing Pudding	Trifle	Custard Tart	Impossible Pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	Main choice 1	Marinated Pork, Noodles, Asian Vegetables	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed spinach and tomato	Beef Teriyaki, Egg Noodles, Cabbage, Broccoli	Lamb Meatloaf with Tzatziki, Flatbread & Greek Salad	Chicken Cacciatore, Rice or Pasta , Broccoli
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Vegetable Pastie	Egg Noodles and Veg	Chickpea Burgers with Tzatziki	Honey Soy Stir Fry
	Dessert	Peach Sponge	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Mar-02	Tuesday Mar-03	Wednesday Mar-04	Thursday Mar-05	Friday Mar-06	Saturday Mar-07	Sunday Mar-08
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with Crackers, Cheese & Vegetable Sticks	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Spice Cinnamon Cake
Lunch	Main choice 1	Lamb Chops	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish and Chips	Marinated Lamb	Lemon and Thyme Roasted Chicken
	Main choice 2	Chicken or Veggie Burger with Cheese	Ricotta Ravioli with Napoli	Risotto	Vegetarian Sausages	Veggie Patty Parmas	Stir Fry Garlic Vegetables & Noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli & Honey Carrots	Buttery Mash, Sauteed Silverbeet & Baked Pumpkin	Roast Potatoes, Braised Cabbage, Cauliflower Cheese & Broccoli	Creamy Potato Bake, Steamed Carrots & Zucchini	Chips/Mash, Coleslaw	Herbed Potatoes, Roasted Vegetable Medley	Creamy Mash, Roast Pumpkin & Broccoli
	Dessert	Peach Upside Down Cake	Waffles with Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	Trifle	Lemon Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	Main choice 1	Spinach & Ricotta Cannelloni, Greek Salad,	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Chips, Salad	Lamb Rissoles, Relish, Herbed Potatoes, Ratatoullie	Beef Stroganoff, Pasta, Salad	Pork in Plum Sauce, Egg Fried Rice, Stir-fried Asian Vegetables	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese
	Main choice 2	Tofu Sweet and Sour Stir Fry	Vegetarian Sausages	Vegetarian Shepards Pie	Quiche	Pesto and Ricotta Pasta	Egg and vegetable Fried Rice	Zucchini Fritters
	Dessert	Berry Fool	Chocolate Brownie	Rice Pudding with Sultanas	Sticky Date Self-Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	Ice cream Sundaes
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Mar-09	Tuesday Mar-10	Wednesday Mar-11	Thursday Mar-12	Friday Mar-13	Saturday Mar-14	Sunday Mar-15
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble Cake	Banana Muffins	Scones	Sponge Cake with Jam & Cream	Choc Chip Cookies	Fruit Cake	Cheese & Crackers with Dip
Lunch	Main choice 1	Roast Pork & Mustard Sauce	Chicken Parmigiana	Roast Lamb with Mint Sauce	Pork Steak	Fish and Chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy Pasta Bake	Vegetable Stew	Vegetable Burgers	Pumpkin and Spinach Risotto	Egg & Lentil Dahl with Rice	Homemade Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Carrots & Beans	Potatoes, Garden Salad/ Brussel Sprouts and Cauliflower Cheese	Mash, Roast Pumpkin and Brussel Sprouts	Mash, Steamed Broccoli & Carrots	Chips/Mash, Coleslaw/ Braised Cabbage, Carrot & Beans	Potatoes, Broccoli & Baked Pumpkin	Roasted Rosemary Potatoes, Roasted Carrots, Pumpkin & Beans
	Dessert	Salted Caramel Brownie	Blueberry Cheesecake	Pavlova with Mascarpone & Fruit	Fruit Danish	Marmalade Bread & Butter Pudding	Cinnamon Rice Pudding	Steamed Jam Sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Tomato & Basil	Zucchini	Roasted Red Capsicum & Ricotta	Beef & Veg	Spring Vegetable and Bean	Cauliflower & Bacon	Vegetable & White Bean
	Main choice 1	Shepherd's Pie	Beef Satay, Steamed Rice, Asian Stir Fried Vegetables	Curried Sausages Creamed Spinach and Carrot	Apricot Chicken, Rice, Broccoli and Diced Carrots	Lamb Ragu, Mash, Zucchini and Carrot	Braised Beef, Mash, Carrots & Beans	Homemade Chicken & Leek Pie, Chips & Garden Salad
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Honey Soy Tofu with Rice	Quiche and Vegetables	Baked Potatoes	Vegetable Pastie
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Mar-16	Tuesday Mar-17	Wednesday Mar-18	Thursday Mar-19	Friday Mar-20	Saturday Mar-21	Sunday Mar-22
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese, Chive & Bacon Frittata	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main choice 1	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	Main choice 2	Mushroom Pie	Veggie Burgers with Cheese	Pasta	Vegetarian Risotto	Chickpea Curry & Rice	Tofu Noodle Stir Fry	Vegetable Patties and Tomato relish
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Herbed Potatoes, Broccoli & Carrots	Mash, Green Beans & Pumpkin	Multicultural Food Day, Multicultural Food Day	Roast Potato, Broccoli & Red Cabbage	Chips/Mash, Coleslaw or Buttery Mixed Veg	Sweet Potato Mash, Zucchini & Cauliflower	Roasted Rosemary Potatoes, Pumpkin & Peas
	Dessert	Strawberry Cheesecake	Lemon Tart	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	Main choice 1	Beef Lasagne, Garlic Bread, Garden Salad	Butter Chicken , Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Egg & Veg Fried Rice	Chicken Tenders, Mash, Beans & Carrot
	Main choice 2	Noodle Stir Fry	Vegetable Stack	Cheese Croissant	Quiche	Vegie Pastie	Egg and vegetable Fried Rice	Vegetarian Sausages
	Dessert	Chocolate Blancmange	Pear Upside-down Cake	Baked Banana Custard	Ricotta & Fruit Tart	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Mar-23	Tuesday Mar-24	Wednesday Mar-25	Thursday Mar-26	Friday Mar-27	Saturday Mar-28	Sunday Mar-29
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate Muffins	Savoury Finger Foods	Scones with Jam & Cream	Coconut Cake	Carrot Cake	Cheese with Crackers or Dip	Banana Cake
Lunch	Main choice 1	Beef Meatballs	Seafood Combo	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Fried Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	Main choice 2	Vegetable Quiche	Lentil and Tomato Hot Pot	Vegetarian Pasta	Vegie Patties	Frittata	Garlic Sesame Tofu	Vegetable & Lentil Lasagne
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Green Beans & Carrots	Chips/Mash, Broccoli & Carrot	CHEFS CHOICE, CHEFS CHOICE	Mash, Pumpkin & Zucchini	Chips/Mash, Coleslaw or Mixed Vegetables	Rice, Honeyed Carrots & Broccoli	Mash, Roast Parsnip, Carrot & Peas
	Dessert	Pavlova with Mascarpone & Fruit	Lemon Cheesecake	Bread & Butter Pudding	Chocolate Self Saucing Pudding	Trifle	Custard Tart	Impossible Pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	Main choice 1	Marinated Pork, Noodles, Asian Vegetables	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed spinach and tomato	Beef Teriyaki, Egg Noodles, Cabbage, Broccoli	Lamb Meatloaf with Tzatziki, Flatbread & Greek Salad	Chicken Cacciatore, Rice or Pasta , Broccoli
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Vegetable Pastie	Egg Noodles and Veg	Chickpea Burgers with Tzatziki	Honey Soy Stir Fry
	Dessert	Peach Sponge	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Mar-30	Tuesday Mar-31	Wednesday Apr-01	Thursday Apr-02	Friday Apr-03	Saturday Apr-04	Sunday Apr-05
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with Crackers, Cheese & Vegetable Sticks	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Spice Cinnamon Cake
Lunch	Main choice 1	Lamb Chops	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish and Chips	Marinated Lamb	Lemon and Thyme Roasted Chicken
	Main choice 2	Chicken or Veggie Burger with Cheese	Ricotta Ravioli with Napoli	Risotto	Vegetarian Sausages	Veggie Patty Parmas	Stir Fry Garlic Vegetables & Noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli & Honey Carrots	Buttery Mash, Sauteed Silverbeet & Baked Pumpkin	Roast Potatoes, Braised Cabbage, Cauliflower Cheese & Broccoli	Creamy Potato Bake, Steamed Carrots & Zucchini	Chips/Mash, Coleslaw	Herbed Potatoes, Roasted Vegetable Medley	Creamy Mash, Roast Pumpkin & Broccoli
	Dessert	Peach Upside Down Cake	Waffles with Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	Trifle	Lemon Self-Saucing Pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	Main choice 1	Spinach & Ricotta Cannelloni, Greek Salad,	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Chips, Salad	Lamb Rissoles, Relish, Herbed Potatoes, Ratatoullie	Beef Stroganoff, Pasta, Salad	Pork in Plum Sauce, Egg Fried Rice, Stir-fried Asian Vegetables	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese
	Main choice 2	Tofu Sweet and Sour Stir Fry	Vegetarian Sausages	Vegetarian Shepards Pie	Quiche	Pesto and Ricotta Pasta	Egg and vegetable Fried Rice	Zucchini Fritters
	Dessert	Berry Fool	Chocolate Brownie	Rice Pudding with Sultanas	Sticky Date Self-Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	Ice cream Sundaes
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						

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		Monday Apr-06	Tuesday Apr-07	Wednesday Apr-08	Thursday Apr-09	Friday Apr-10	Saturday Apr-11	Sunday Apr-12
Breakfast		Choice of Breakfast Cereals, Porridge, Stewed Fruit, Yoghurt, Toast, Spreads, Tea, Coffee, Juice, Milk & Milky Drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble Cake	Banana Muffins	Scones	Sponge Cake with Jam & Cream	Choc Chip Cookies	Fruit Cake	Cheese & Crackers with Dip
Lunch	Main choice 1	Roast Pork & Mustard Sauce	Chicken Parmigiana	Roast Lamb with Mint Sauce	Pork Steak	Fish and Chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy Pasta Bake	Vegetable Stew	Vegetable Burgers	Pumpkin and Spinach Risotto	Egg & Lentil Dahl with Rice	Homemade Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Carrots & Beans	Potatoes, Garden Salad/ Brussel Sprouts and Cauliflower Cheese	Mash, Roast Pumpkin and Brussel Sprouts	Mash, Steamed Broccoli & Carrots	Chips/Mash, Coleslaw/ Braised Cabbage, Carrot & Beans	Potatoes, Broccoli & Baked Pumpkin	Roasted Rosemary Potatoes, Roasted Carrots, Pumpkin & Beans
	Dessert	Salted Caramel Brownie	Blueberry Cheesecake	Pavlova with Mascarpone & Fruit	Fruit Danish	Marmalade Bread & Butter Pudding	Cinnamon Rice Pudding	Steamed Jam Sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include Tea, Coffee, Milk & Milky Drinks. Happy Hour once per week.						
Dinner	Soup	Tomato & Basil	Zucchini	Roasted Red Capsicum & Ricotta	Beef & Veg	Spring Vegetable and Bean	Cauliflower & Bacon	Vegetable & White Bean
	Main choice 1	Shepherd's Pie	Beef Satay, Steamed Rice, Asian Stir Fried Vegetables	Curried Sausages Creamed Spinach and Carrot	Apricot Chicken, Rice, Broccoli and Diced Carrots	Lamb Ragu, Mash, Zucchini and Carrot	Braised Beef, Mash, Carrots & Beans	Homemade Chicken & Leek Pie, Chips & Garden Salad
	Main choice 2	Vegetable Pie	Asian Stir Fried Egg and Veg served with Rice	Vegie Sausages	Honey Soy Tofu with Rice	Quiche and Vegetables	Baked Potatoes	Vegetable Pastie
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie
Supper		A selection of hot & cold beverages, sweet biscuits, biscuits & cheese & sandwiches						