

This is our 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 |
| | 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 | | | | | | |

This is our menu.



| | | 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 | Veggie Patties | Frittata | Garlic Sesame Tofu | Vegetable & Lentil Lasagne |
| | 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 | Veggie 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

This is our menu.

 Royal Freemasons



| | | 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 |
| | 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 menu.



| | | 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 |
| | 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 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 |
| | 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 | | | | | | |

This is our menu.



| | | 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 | Veggie Patties | Frittata | Garlic Sesame Tofu | Vegetable & Lentil Lasagne |
| | 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 | Veggie 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 | | | | | | |

This is our menu.



| | | 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 |
| | 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 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 |
| | 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 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 |
| | 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 | | | | | | |

This is our menu.



| | | 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 |
| | 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

This is our menu.

 Royal Freemasons



| | | 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 |
| | 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 menu.



| | | 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 |
| | 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 menu.



| | | 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 |
| | 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 | | | | | | |

This is our menu.



| | | 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 | Veggie Patties | Frittata | Garlic Sesame Tofu | Vegetable & Lentil Lasagne |
| | 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 | Veggie 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 | | | | | | |

This is our menu.



| | | 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 |
| | 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 menu.



| | | 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 |
| | 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 menu.



| | | 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 |
| | 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 | | | | | | |

This is our menu.



| | | 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 |
| | 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 | | | | | | |

This is our menu.



| | | 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 |
| | 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 menu.



| | | 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 |
| | 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 menu.



| | | 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 |
| | 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 | | | | | | |

This is our menu.



| | | 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 |
| | 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 | | | | | | |

This is our menu.



| | | 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 |
| | 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 menu.



| | | 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 |
| | 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 menu.



| | | 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 |
| | 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 | | | | | | |

This is our menu.



| | | 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 | Veggie Patties | Frittata | Garlic Sesame Tofu | Vegetable & Lentil Lasagne |
| | 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 | Veggie 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 | | | | | | |

This is our menu.



| | | 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 |
| | 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 menu.



| | | 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 |
| | 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 | | | | | | |