

		<b>Monday</b> Sep-29	<b>Tuesday</b> Sep-30	<b>Wednesday</b> Oct-01	<b>Thursday</b> Oct-02	<b>Friday</b> Oct-03	<b>Saturday</b> Oct-04	<b>Sunday</b> Oct-05
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	rerages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	undays.
h	Morning tea	Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes
	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
Lunch	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 Curd and Cream	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self- Saucing Pudding
A	fternoon tea	Yoghurt & Honey	Chocolate Custard	Fruit & Yoghurt	Jelly Cake	Puree Vanilla Cake & Cream	Fruit & Custard	High Protein Mousse
	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
Dinner	Main	Beef Lasagne with , Carrot & Zucchini	Butter Chicken with Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Rissoto Rice, Carrots & Broccoli	Chicken, Mash, Beans & Carrot
	Dessert	Chocolate Blancmange	Pear Upside- down Cake	Baked Banana Custard	Ricotta with Honey & Fruit Compote	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						



		<b>Monday</b> Oct-06	<b>Tuesday</b> Oct-07	<b>Wednesday</b> Oct-08	Thursday Oct-09	<b>Friday</b> Oct-10	Saturday Oct-11	Sunday Oct-12			
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E					
ı	Morning tea	Chocolate Muffins	Spinach Quiche (Pure Food Co)	Sponge Cake with Jam & Cream	Coconut Cake	Carrot Cake	& Smooth	Banana Cake			
	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish		Beef with red			
Lunch	Served with	Mash, Green Beans & Carrots	Chips/Mash, Broccoli & Carrot	CHEFS CHOICE, CHEFS CHOICE	Mash, Pumpkin & Zucchini	Chips/Mash, Coleslaw or Mixed Vegetables		Parsnip, Carrot &			
	Dessert	Pavlova with Mascarpone & Fruit	Lemon Cheesecake	Bread & Butter Pudding	Chocolate Self Saucing Pudding	Trifle		Impossible Pie			
A	fternoon tea	Yoghurt & Honey	Strawberry Custard	Fruit & Yoghurt	High Protein Mousse	Apple and Custard Cake	Jelly Cake				
	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn		Tuscan Bean			
Dinner	Main	Marinated Pork, Mash, Broccoli, Carrot	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rissoto Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed Spinach and tomato	Beef Teriyaki, Mash, Cabbage, Broccoli	with Tzatziki, , Sweet Potato, Zucchini & Skinless	Cacciatore, Pasta			
	Dessert	Puree Peach Sponge & Cream	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake			
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit									



		<b>Monday</b> Oct-13	<b>Tuesday</b> Oct-14	<b>Wednesday</b> Oct-15	Thursday Oct-16	<b>Friday</b> Oct-17	Saturday Oct-18	<b>Sunday</b> Oct-19				
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	Oct-19				
ı	Morning tea	Cheese Souffle (Pure Food Co)	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Cinnamon Cake/				
	Main	Braised Lamb	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish with Mash and Vegetables	Marinated Lamb	Thyme Roasted				
Lunch	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	Roast Pumpkin &				
	Dessert	Peach Upside Down Cake	French Toast & No Melt Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	TM Trifle					
A	fternoon tea	Chocolate Custard	Vanilla Pannacotta	Cake and Cream	Fruit and Yoghurt	Yoghurt & Honey	High Protein Mango Pudding	Choc Mousse				
	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone				
Dinner	Main	Spinach & Ricotta Cannelloni, Garlic Mash, Carrots	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Mash, Carrots & Peas	Lamb Rissoles, Tomato Sauce, Herbed Mash, Zucchini, and Beetroot	Beef Stroganoff, Risoni, Beans & Carrot	Pork in Plum Sauce, Pureed Rice or Mash, Carrots & Broccoli	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese				
	Dessert	Berry Fool	Chocolate Brownie	Rice pudding	Sticky Date Self- Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	No Melt Ice Cream Sundae				
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit										



		<b>Monday</b> Oct-20	<b>Tuesday</b> Oct-21	<b>Wednesday</b> Oct-22	<b>Thursday</b> Oct-23	<b>Friday</b> Oct-24	<b>Saturday</b> Oct-25	Sunday Oct-26	
	Breakfast	Porridg	e, Weet-bix, Modified	ed Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.  Scones  Sponge Cake with Jam & Cream  Cake  Vanilla Cake and Custard  Cheese Souffle (Pure Food Co)  Roast Lamb with Mint Sauce  Pork Steak  Mash, Roast Pumpkin and Brussel Sprouts  Mash, Steamed Broccoli & Carrots  Pavlova with Mascarpone & Fruit  Roasted Rosemary Potatoes, Broccoli & Baked Pumpkin & Beans  Pavlova with Mascarpone & Fruit  Modified Cake & Custard  Puree Fruit & Marmalade Bread & Butter Pudding  Roasted Red Capsicum & Fruit  Roasted Red Capsicum & Roasted Rosemal Arrivate Pudding  Roasted Red Capsicum & Sponge  Custard  Puree Fruit & Spring Vegetable and Bean  Chicken & Leek Casserole,					
	Morning tea	Marble Cake	Banana Muffins	Scones	with Jam &				
	Main	Roast Pork & Mustard Sauce	Tomato Chicken Thighs		Pork Steak	Fish and Mash			
Lunch	Served with	Mash, Carrots & Beans	Potatoes, Garden Salad/ Brussel Sprouts and Cauliflower Cheese	Pumpkin and	•	Coleslaw/ Braised Cabbage, Carrot		Rosemary Potatoes, Roasted Carrots, Pumpkin	
	Dessert	Salted Caramel Brownie	Blueberry Cheesecake	Mascarpone &					
<b>A</b>	afternoon tea	Chocolate Custard	Yoghurt & Honey			Banana Custard	Fruit & Custard		
	Soup	Tomato & Basil	Zucchini	Capsicum &	Beef & Veg				
Dinner	Main	Shepherd's Pie	Beef Satay, Pureed Rice or Mash, Broccoli & Carrots	Curried Sausages Creamed Spinach and Carrot	Apricot Chicken, Rice, Broccoli and Diced Carrots	Lamb Ragu, Mash, Zucchini and Carrot	Braised Beef, Mash, Carrots & Beans		
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie	
Supper Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						s, pureed fruit			



		<b>Monday</b> Oct-27	<b>Tuesday</b> Oct-28	<b>Wednesday</b> Oct-29	Thursday Oct-30	<b>Friday</b> Oct-31	<b>Saturday</b> Nov-01	<b>Sunday</b> Nov-02
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	undays.
	Morning tea	Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes
	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
Lunch	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 Curd and Cream	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self- Saucing Pudding
A	fternoon tea	Yoghurt & Honey	Chocolate Custard	Fruit & Yoghurt	Jelly Cake	Puree Vanilla Cake & Cream	Fruit & Custard	High Protein Mousse
	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
Dinner	Main	Beef Lasagne with , Carrot & Zucchini	Butter Chicken with Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Rissoto Rice, Carrots & Broccoli	Chicken, Mash, Beans & Carrot
	Dessert	Chocolate Blancmange	Pear Upside- down Cake	Baked Banana Custard	Ricotta with Honey & Fruit Compote	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit
	Supper Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit							



		<b>Monday</b> Nov-03	<b>Tuesday</b> Nov-04	<b>Wednesday</b> Nov-05	<b>Thursday</b> Nov-06	<b>Friday</b> Nov-07	Saturday Nov-08	<b>Sunday</b> Nov-09
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	undays.
ı	Morning tea	Chocolate Muffins	Spinach Quiche (Pure Food Co)	Sponge Cake with Jam & Cream	Coconut Cake	Carrot Cake	Whipped Ricotta & Smooth Chutney	Banana Cake
	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
Lunch	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	Baked Custard with Cinnamon	Impossible Pie
A	fternoon tea	Yoghurt & Honey	Strawberry Custard	Fruit & Yoghurt	High Protein Mousse	Apple and Custard Cake	Jelly Cake	Pureed Fruit & Yoghurt
	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
Dinner	Main	Marinated Pork, Mash, Broccoli, Carrot	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rissoto Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed Spinach and tomato	Beef Teriyaki, Mash, Cabbage, Broccoli	Lamb Meatloaf with Tzatziki, , Sweet Potato, Zucchini & Skinless Capsicum	Chicken Cacciatore, Pasta , Broccoli
	Dessert	Puree Peach Sponge & Cream	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake
Supper Selection of yoghurts, custard, high protein mousses, pureed baked pro						ureed baked product	s, pureed fruit	



		<b>Monday</b> Nov-10	Tuesday Nov-11	Wednesday Nov-12	Thursday Nov-13	<b>Friday</b> Nov-14	<b>Saturday</b> Nov-15	<b>Sunday</b> Nov-16	
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	undays.	
ı	Morning tea	Cheese Souffle (Pure Food Co)	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Spices & Cinnamon Cake/ Modified/Custard	
	Main	Braised Lamb	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish with Mash and Vegetables	Marinated Lamb	Lemon and Thyme Roasted Chicken	
Lunch	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	French Toast & No Melt Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	TM Trifle	Lemon Self- Saucing Pudding	
A	fternoon tea	Chocolate Custard	Vanilla Pannacotta	Cake and Cream	Fruit and Yoghurt	Yoghurt & Honey	High Protein Mango Pudding	Choc Mousse	
	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone	
Dinner	Main	Spinach & Ricotta Cannelloni, Garlic Mash, Carrots	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Mash, Carrots & Peas	Lamb Rissoles, Tomato Sauce, Herbed Mash, Zucchini, and Beetroot	Beef Stroganoff, Risoni, Beans & Carrot	Pork in Plum Sauce, Pureed Rice or Mash, Carrots & Broccoli	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese	
	Dessert	Berry Fool	Chocolate Brownie	Rice pudding	Sticky Date Self- Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	No Melt Ice Cream Sundae	
	Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						



		<b>Monday</b> Nov-17	<b>Tuesday</b> Nov-18	Wednesday Nov-19	<b>Thursday</b> Nov-20	<b>Friday</b> Nov-21	<b>Saturday</b> Nov-22	Sunday Nov-23		
	Breakfast	Porridg	e, Weet-bix, Modified	diffied Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.  Sponge Cake with Jam & Cream  Sponge Cake with Jam & Cream  Lemon Yoghurt Cake  Vanilla Cake and Custard  Cheese Souffle (Pure Food Co)  Ren Roast Lamb with Mint Sauce  Roast Lamb with Mint Sauce  Mash, Roast Pumpkin and Brussel Sprouts  Mash, Steamed Broccoli & Carrots  Potatoes, Broccoli & Baked Pumpkin & Baked Pump						
	Morning tea	Marble Cake	Banana Muffins	Scones	with Jam &					
	Main	Roast Pork & Mustard Sauce	Tomato Chicken Thighs		Pork Steak	Fish and Mash				
Lunch	Served with	Mash, Carrots & Beans	Potatoes, Garden Salad/ Brussel Sprouts and Cauliflower Cheese	Pumpkin and	•	Coleslaw/ Braised Cabbage, Carrot		Rosemary Potatoes, Roasted Carrots, Pumpkin		
	Dessert	Salted Caramel Brownie	Blueberry Cheesecake	Mascarpone &						
<b>A</b>	Afternoon tea	Chocolate Custard	Yoghurt & Honey			Banana Custard	Fruit & Custard			
	Soup	Tomato & Basil	Zucchini	Capsicum &	Beef & Veg					
Dinner	Main	Shepherd's Pie	Beef Satay, Pureed Rice or Mash, Broccoli & Carrots	Curried Sausages Creamed Spinach and Carrot	Apricot Chicken, Rice, Broccoli and Diced Carrots	Lamb Ragu, Mash, Zucchini and Carrot	Braised Beef, Mash, Carrots & Beans	Chicken & Leek Casserole, Mash, Sauteed Silverbeet, Roasted Sweet Potato		
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie		
Supper Selection of yoghurts, custard, high protein mousses, pureed baked pr						ureed baked product	s, pureed fruit			



		<b>Monday</b> Nov-24	<b>Tuesday</b> Nov-25	<b>Wednesday</b> Nov-26	<b>Thursday</b> Nov-27	<b>Friday</b> Nov-28	<b>Saturday</b> Nov-29	<b>Sunday</b> Nov-30
	Breakfast	Porridg	Porridge, Weet-bix, Modified Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.					
h	Morning tea	Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes
	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
Lunch	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 Curd and Cream	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self- Saucing Pudding
A	fternoon tea	Yoghurt & Honey	Chocolate Custard	Fruit & Yoghurt	Jelly Cake	Puree Vanilla Cake & Cream	Fruit & Custard	High Protein Mousse
	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
Dinner	Main	Beef Lasagne with , Carrot & Zucchini	Butter Chicken with Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Rissoto Rice, Carrots & Broccoli	Chicken, Mash, Beans & Carrot
	Dessert	Chocolate Blancmange	Pear Upside- down Cake	Baked Banana Custard	Ricotta with Honey & Fruit Compote	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						



		<b>Monday</b> Dec-01	<b>Tuesday</b> Dec-02	<b>Wednesday</b> Dec-03	Thursday Dec-04	<b>Friday</b> Dec-05	<b>Saturday</b> Dec-06	<b>Sunday</b> Dec-07			
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E					
ı	Morning tea	Chocolate Muffins	Spinach Quiche (Pure Food Co)	Sponge Cake with Jam & Cream	Coconut Cake	Carrot Cake	& Smooth	Banana Cake			
	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish		Beef with red			
Lunch	Served with	Mash, Green Beans & Carrots	Chips/Mash, Broccoli & Carrot	CHEFS CHOICE, CHEFS CHOICE	Mash, Pumpkin & Zucchini	Chips/Mash, Coleslaw or Mixed Vegetables		Parsnip, Carrot &			
	Dessert	Pavlova with Mascarpone & Fruit	Lemon Cheesecake	Bread & Butter Pudding	Chocolate Self Saucing Pudding	Trifle		Impossible Pie			
A	fternoon tea	Yoghurt & Honey	Strawberry Custard	Fruit & Yoghurt	High Protein Mousse	Apple and Custard Cake	Jelly Cake				
	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn		Tuscan Bean			
Dinner	Main	Marinated Pork, Mash, Broccoli, Carrot	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rissoto Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed Spinach and tomato	Beef Teriyaki, Mash, Cabbage, Broccoli	with Tzatziki, , Sweet Potato, Zucchini & Skinless	Cacciatore, Pasta			
	Dessert	Puree Peach Sponge & Cream	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake			
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit									



		<b>Monday</b> Dec-08	<b>Tuesday</b> Dec-09	<b>Wednesday</b> Dec-10	Thursday Dec-11	<b>Friday</b> Dec-12	<b>Saturday</b> Dec-13	<b>Sunday</b> Dec-14				
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E	ed Eggs on Tuesdays & Sundays.  Chocolate Slice  Spices & Cinnamon Cake/ Modified/Custard  Lemon and Thyme Roasted Chicken  Herbed Potatoes, Roasted Vegetable Medley  Creamy Mash, Roast Pumpkin & Broccoli  Lemon Self-Saucing Pudding					
ı	Morning tea	Cheese Souffle (Pure Food Co)	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Cinnamon Cake/				
	Main	Braised Lamb	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish with Mash and Vegetables	Marinated Lamb	Thyme Roasted				
Lunch	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	Roasted	Roast Pumpkin &				
	Dessert	Peach Upside Down Cake	French Toast & No Melt Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	TM Trifle					
A	fternoon tea	Chocolate Custard	Vanilla Pannacotta	Cake and Cream	Fruit and Yoghurt	Yoghurt & Honey		Choc Mousse				
	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone				
Dinner	Main	Spinach & Ricotta Cannelloni, Garlic Mash, Carrots	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Mash, Carrots & Peas	Lamb Rissoles, Tomato Sauce, Herbed Mash, Zucchini, and Beetroot	Beef Stroganoff, Risoni, Beans & Carrot	Pork in Plum Sauce, Pureed Rice or Mash, Carrots & Broccoli	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese				
	Dessert	Berry Fool	Chocolate Brownie	Rice pudding	Sticky Date Self- Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	No Melt Ice Cream Sundae				
	Supper		Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit									



		<b>Monday</b> Dec-15	Tuesday Dec-16	<b>Wednesday</b> Dec-17	Thursday Dec-18	<b>Friday</b> Dec-19	<b>Saturday</b> Dec-20	<b>Sunday</b> Dec-21		
	Breakfast	Porridg	je, Weet-bix, Modified	d Fruits, Yoghurt. Bev	ts, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.  Scones  Sponge Cake with Jam & Cream  Baked Chicken & Cream  Alash, Roast Jampkin and Jussel Sprouts  Mash, Steamed Broccoli & Carrots  Alash Pruit  Trio of Pureed Fruit & Banana Custard  Alash Custard  Dec-20  Dec-21  Dec-21  Dec-21  Dec-21  Dec-21  Dec-22  Dec-22  Dec-22  Dec-22  Dec-22  Dec-21  Dec-21  Dec-21  Dec-21  Dec-21  Dec-21  Dec-21  Dec-21  Dec-21  Dec-22  Dec-21  Dec-16  Dec-21  Dec-16  Dec-21  Dec-16  Dec-21  Dec-16  Dec-21  Dec-16  Dec-21  Dec-16  Dec-16					
	Morning tea	Marble Cake	Banana Muffins	Scones	with Jam &					
	Main	Roast Pork & Mustard Sauce	Tomato Chicken Thighs	Roast Lamb with Mint Sauce	Pork Steak	Fish and Mash				
4	Served with	Mash, Carrots & Beans	Potatoes, Garden Salad/ Brussel Sprouts and Cauliflower Cheese	Mash, Roast Pumpkin and Brussel Sprouts	-	Coleslaw/ Braised Cabbage, Carrot		Rosemary Potatoes, Roasted Carrots, Pumpkin		
	Dessert	Salted Caramel Brownie	Blueberry Cheesecake	Pavlova with Mascarpone & Fruit						
	Afternoon tea	Chocolate Custard	Yoghurt & Honey	Modified Cake & Custard		Banana Custard	Fruit & Custard			
	Soup	Tomato & Basil	Zucchini	Roasted Red Capsicum & Ricotta	Beef & Veg					
	Main	Shepherd's Pie	Beef Satay, Pureed Rice or Mash, Broccoli & Carrots	Curried Sausages Creamed Spinach and Carrot	Rice, Broccoli and	Mash, Zucchini	Mash, Carrots &	Casserole, Mash, Sauteed Silverbeet,		
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie		
	Supper		Selection of yo	oghurts, custard, high	Mash, Roast Pumpkin and Pumpkin and Pumpkin and Procoli & Carrots  Pavlova with Mascarpone & Fruit  Podified Cake & Custard  Custard  Roasted Red Capsicum & Ricetta Ricotta  Roasted Red Capsicum & Ricotta  Chocolate Ripple  Orange & Cream					



		<b>Monday</b> Dec-22	<b>Tuesday</b> Dec-23	<b>Wednesday</b> Dec-24	<b>Thursday</b> Dec-25	<b>Friday</b> Dec-26	<b>Saturday</b> Dec-27	<b>Sunday</b> Dec-28
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	rerages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	undays.
1	Morning tea	Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes
	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
Lunch	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 Curd and Cream	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self- Saucing Pudding
A	fternoon tea	Yoghurt & Honey	Chocolate Custard	Fruit & Yoghurt	Jelly Cake	Puree Vanilla Cake & Cream	Fruit & Custard	High Protein Mousse
	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
Dinner	Main	Beef Lasagne with , Carrot & Zucchini	Butter Chicken with Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Rissoto Rice, Carrots & Broccoli	Chicken, Mash, Beans & Carrot
	Dessert	Chocolate Blancmange	Pear Upside- down Cake	Baked Banana Custard	Ricotta with Honey & Fruit Compote	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						



		<b>Monday</b> Dec-29	<b>Tuesday</b> Dec-30	<b>Wednesday</b> Dec-31	Thursday Jan-01	<b>Friday</b> Jan-02	<b>Saturday</b> Jan-03	<b>Sunday</b> Jan-04	
	Breakfast	Porridg	e, Weet-bix, Modified	diffied Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.    Sponge Cake with Jam & Coconut Cake Carrot Cake Whipped Ricotta & Smooth Chutney   Banana Cake Chutney					
ı	Morning tea	Chocolate Muffins	Spinach Quiche (Pure Food Co)	with Jam &	Coconut Cake	Carrot Cake	& Smooth	Banana Cake	
	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Gravy & Mint	Baked Fish		Beef with red	
Lunch	Served with	Mash, Green Beans & Carrots	Chips/Mash, Broccoli & Carrot	-	The state of the s	Coleslaw or Mixed		Parsnip, Carrot &	
	Dessert	Pavlova with Mascarpone & Fruit	Lemon Cheesecake			Trifle		Impossible Pie	
A	fternoon tea	Yoghurt & Honey	Strawberry Custard	Fruit & Yoghurt			Jelly Cake		
	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn		Tuscan Bean	
Dinner	Main	Marinated Pork, Mash, Broccoli, Carrot	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rissoto Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed Spinach and tomato	Beef Teriyaki, Mash, Cabbage, Broccoli	Lamb Meatloaf with Tzatziki, , Sweet Potato, Zucchini & Skinless Capsicum	Chicken Cacciatore, Pasta , Broccoli	
	Dessert	Puree Peach Sponge & Cream	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake	
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit							



		<b>Monday</b> Jan-05	<b>Tuesday</b> Jan-06	<b>Wednesday</b> Jan-07	<b>Thursday</b> Jan-08	<b>Friday</b> Jan-09	<b>Saturday</b> Jan-10	<b>Sunday</b> Jan-11
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	undays.
1	Morning tea	Cheese Souffle (Pure Food Co)	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Spices & Cinnamon Cake/ Modified/Custard
	Main	Braised Lamb	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish with Mash and Vegetables	Marinated Lamb	Lemon and Thyme Roasted Chicken
Lunch	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	French Toast & No Melt Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	TM Trifle	Lemon Self- Saucing Pudding
A	fternoon tea	Chocolate Custard	Vanilla Pannacotta	Cake and Cream	Fruit and Yoghurt	Yoghurt & Honey	High Protein Mango Pudding	Choc Mousse
	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
Dinner	Main	Spinach & Ricotta Cannelloni, Garlic Mash, Carrots	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Mash, Carrots & Peas	Lamb Rissoles, Tomato Sauce, Herbed Mash, Zucchini, and Beetroot	Beef Stroganoff, Risoni, Beans & Carrot	Pork in Plum Sauce, Pureed Rice or Mash, Carrots & Broccoli	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese
	Dessert	Berry Fool	Chocolate Brownie	Rice pudding	Sticky Date Self- Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	No Melt Ice Cream Sundae
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						



		<b>Monday</b> Jan-12	<b>Tuesday</b> Jan-13	<b>Wednesday</b> Jan-14	<b>Thursday</b> Jan-15	<b>Friday</b> Jan-16	<b>Saturday</b> Jan-17	Sunday Jan-18	
	Breakfast	Porridg	e, Weet-bix, Modified	Dan-14 Jan-15 Jan-16 Jan-17 Jan-18  Dan-16 Jan-17 Jan-18  Dan-18 Dan-18  Dan-18 Dan-19 Dan-18  Chess Souffle (Pure Food Co)  Chesse Souffle (					
	Morning tea	Marble Cake	Banana Muffins	Scones	with Jam &				
	Main	Roast Pork & Mustard Sauce	Tomato Chicken Thighs		Pork Steak	Fish and Mash			
Lunch	Served with	Mash, Carrots & Beans	Potatoes, Garden Salad/ Brussel Sprouts and Cauliflower Cheese	Pumpkin and	•	Coleslaw/ Braised Cabbage, Carrot		Rosemary Potatoes, Roasted Carrots, Pumpkin	
	Dessert	Salted Caramel Brownie	Blueberry Cheesecake	Mascarpone &					
A	Afternoon tea	Chocolate Custard	Yoghurt & Honey			Banana Custard	Fruit & Custard		
	Soup	Tomato & Basil	Zucchini	Capsicum &	Beef & Veg				
Dinner	Main	Shepherd's Pie	Beef Satay, Pureed Rice or Mash, Broccoli & Carrots		The state of the s		,	Casserole,	
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie	
	Supper		Selection of yo	oghurts, custard, higl	n protein mousses, p	ureed baked product	s, pureed fruit		



		<b>Monday</b> Jan-19	<b>Tuesday</b> Jan-20	<b>Wednesday</b> Jan-21	<b>Thursday</b> Jan-22	<b>Friday</b> Jan-23	<b>Saturday</b> Jan-24	<b>Sunday</b> Jan-25
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	undays.
1	Morning tea	Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes
	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
Lunch	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 Curd and Cream	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self- Saucing Pudding
A	fternoon tea	Yoghurt & Honey	Chocolate Custard	Fruit & Yoghurt	Jelly Cake	Puree Vanilla Cake & Cream	Fruit & Custard	High Protein Mousse
	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
Dinner	Main	Beef Lasagne with , Carrot & Zucchini	Butter Chicken with Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Rissoto Rice, Carrots & Broccoli	Chicken, Mash, Beans & Carrot
	Dessert	Chocolate Blancmange	Pear Upside- down Cake	Baked Banana Custard	Ricotta with Honey & Fruit Compote	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit
	Supper		Selection of yo	oghurts, custard, high	n protein mousses, p	ureed baked product	s, pureed fruit	



		<b>Monday</b> Jan-26	<b>Tuesday</b> Jan-27	<b>Wednesday</b> Jan-28	<b>Thursday</b> Jan-29	<b>Friday</b> Jan-30	Saturday Jan-31	<b>Sunday</b> Feb-01				
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	verages as per regula	Deer regular menu. Scrambled Eggs on Tuesdays & Sundays.  Whipped Ricotta & Smooth Chutney  Banana Cake  Carrot Cake  Carrot Cake  Creamy Garlic Chicken  Creamy Garlic Chicken  Chicken  Chicken  Chips/Mash, Coleslaw or Mixed Vegetables  Creamy Garlic Chicken  Mash, Roast Parsnip, Carrot & Peas  Peas  Ate Self Cudding  Trifle  Baked Custard With Cinnamon  Apple and Custard Cake  Delly Cake  Pureed Fruit & Yoghurt  Beef and  Tuscan Bean						
1	Morning tea	Chocolate Muffins	Spinach Quiche (Pure Food Co)	Sponge Cake with Jam & Cream	Coconut Cake	Carrot Cake	& Smooth	Banana Cake				
	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish		Beef with red				
Lunch	Served with	Mash, Green Beans & Carrots	Chips/Mash, Broccoli & Carrot	CHEFS CHOICE, CHEFS CHOICE	Mash, Pumpkin & Zucchini	Coleslaw or Mixed		Parsnip, Carrot &				
	Dessert	Pavlova with Mascarpone & Fruit	Lemon Cheesecake	Bread & Butter Pudding	Chocolate Self Saucing Pudding	Trifle		Impossible Pie				
A	fternoon tea	Yoghurt & Honey	Strawberry Custard	Fruit & Yoghurt	High Protein Mousse		Jelly Cake					
	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean				
Dinner	Main	Marinated Pork, Mash, Broccoli, Carrot	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rissoto Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed Spinach and tomato	Beef Teriyaki, Mash, Cabbage, Broccoli	Lamb Meatloaf with Tzatziki, , Sweet Potato, Zucchini & Skinless Capsicum	Chicken Cacciatore, Pasta , Broccoli				
	Dessert	Puree Peach Sponge & Cream	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake				
	Supper		Selection of yo	oghurts, custard, higl	n protein mousses, p	ureed baked product	s, pureed fruit					



		<b>Monday</b> Feb-02	<b>Tuesday</b> Feb-03	<b>Wednesday</b> Feb-04	<b>Thursday</b> Feb-05	<b>Friday</b> Feb-06	<b>Saturday</b> Feb-07	<b>Sunday</b> Feb-08				
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	Sundays.  Spices & Cinnamon Cake/ Modified/Custard  Lemon and Thyme Roasted Chicken  Creamy Mash, Roast Pumpkin & Broccoli  Lemon Self-Saucing Pudding  Choc Mousse  Minestrone  Salmon with Sweet Potato Mash, Broccoli and Cauliflower				
1	Morning tea	Cheese Souffle (Pure Food Co)	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Cinnamon Cake/				
	Main	Braised Lamb	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish with Mash and Vegetables	Marinated Lamb	Thyme Roasted				
Lunch	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	Roast Pumpkin &				
	Dessert	Peach Upside Down Cake	French Toast & No Melt Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	TM Trifle					
A	fternoon tea	Chocolate Custard	Vanilla Pannacotta	Cake and Cream	Fruit and Yoghurt	Yoghurt & Honey	High Protein Mango Pudding	Choc Mousse				
	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone				
Dinner	Main	Spinach & Ricotta Cannelloni, Garlic Mash, Carrots	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Mash, Carrots & Peas	Lamb Rissoles, Tomato Sauce, Herbed Mash, Zucchini, and Beetroot	Beef Stroganoff, Risoni, Beans & Carrot	Pork in Plum Sauce, Pureed Rice or Mash, Carrots & Broccoli	Sweet Potato Mash, Broccoli				
	Dessert	Berry Fool	Chocolate Brownie	Rice pudding	Sticky Date Self- Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	No Melt Ice Cream Sundae				
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit										



		<b>Monday</b> Feb-09	<b>Tuesday</b> Feb-10	<b>Wednesday</b> Feb-11	<b>Thursday</b> Feb-12	Friday Feb-13	<b>Saturday</b> Feb-14	<b>Sunday</b> Feb-15
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	undays.
ı	Morning tea	Marble Cake	Banana Muffins	Scones	Sponge Cake with Jam & Cream	Lemon Yoghurt Cake	Vanilla Cake and Custard	Cheese Souffle (Pure Food Co)
	Main	Roast Pork & Mustard Sauce	Tomato Chicken Thighs	Roast Lamb with Mint Sauce	Pork Steak	Fish and Mash	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
Lunch	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	Trio of Pureed Fruit	Marmalade Bread & Butter Pudding	Cinnamon Rice Pudding	Steamed Jam Sponge
A	afternoon tea	Chocolate Custard	Yoghurt & Honey	Modified Cake & Custard	Puree Fruit & Yoghurt	Banana Custard	Fruit & Custard	High Protein Mousse
	Soup	Tomato & Basil	Zucchini	Roasted Red Capsicum & Ricotta	Beef & Veg	Spring Vegetable and Bean	Cauliflower & Bacon	Vegetable & White Bean
Dinner	Main	Shepherd's Pie	Beef Satay, Pureed Rice or Mash, Broccoli & Carrots	Curried Sausages Creamed Spinach and Carrot	Apricot Chicken, Rice, Broccoli and Diced Carrots	Lamb Ragu, Mash, Zucchini and Carrot	Braised Beef, Mash, Carrots & Beans	Chicken & Leek Casserole, Mash, Sauteed Silverbeet, Roasted Sweet Potato
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit						



		<b>Monday</b> Feb-16	<b>Tuesday</b> Feb-17	<b>Wednesday</b> Feb-18	<b>Thursday</b> Feb-19	<b>Friday</b> Feb-20	<b>Saturday</b> Feb-21	<b>Sunday</b> Feb-22				
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	desdays & Sundays.  Butterfly Cakes  Butterfly Cakes  Sunday Roast: Lamb  Roasted Rosemary Potatoes, Pumpkin & Peas  Cobbler Custard  Butterscotch Self- Saucing Pudding  High Protein Mousse  Strone  Creamy Lentil  Chicken, Mash, Beans & Carrot  Carrots & Carrot  Carrots & Carrot  Rice Pudding &				
h	Morning tea	Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes				
	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak					
Lunch	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	Rosemary Potatoes,				
	Dessert	Strawberry Cheesecake	Lemon Curd and Cream	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard					
A	fternoon tea	Yoghurt & Honey	Chocolate Custard	Fruit & Yoghurt	Jelly Cake	Puree Vanilla Cake & Cream	Fruit & Custard					
	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil				
Dinner	Main	Beef Lasagne with , Carrot & Zucchini	Butter Chicken with Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Rissoto Rice, Carrots & Broccoli					
	Dessert	Chocolate Blancmange	Pear Upside- down Cake	Baked Banana Custard	Ricotta with Honey & Fruit Compote	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit				
	Supper		Selection of yo	oghurts, custard, high	n protein mousses, p	ureed baked product	s, pureed fruit					



		<b>Monday</b> Feb-23	<b>Tuesday</b> Feb-24	<b>Wednesday</b> Feb-25	<b>Thursday</b> Feb-26	<b>Friday</b> Feb-27	<b>Saturday</b> Feb-28	<b>Sunday</b> Mar-01	
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	undays.	
ı	Morning tea	Chocolate Muffins	Spinach Quiche (Pure Food Co)	Sponge Cake with Jam & Cream	Coconut Cake	Carrot Cake	Whipped Ricotta & Smooth Chutney	Banana Cake	
	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy	
Lunch	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	Baked Custard with Cinnamon	Impossible Pie	
A	fternoon tea	Yoghurt & Honey	Strawberry Custard	Fruit & Yoghurt	High Protein Mousse	Apple and Custard Cake	Jelly Cake	Pureed Fruit & Yoghurt	
	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean	
Dinner	Main	Marinated Pork, Mash, Broccoli, Carrot	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rissoto Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed Spinach and tomato	Beef Teriyaki, Mash, Cabbage, Broccoli	Lamb Meatloaf with Tzatziki, , Sweet Potato, Zucchini & Skinless Capsicum	Chicken Cacciatore, Pasta , Broccoli	
	Dessert	Puree Peach Sponge & Cream	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake	
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit							



		<b>Monday</b> Mar-02	<b>Tuesday</b> Mar-03	<b>Wednesday</b> Mar-04	<b>Thursday</b> Mar-05	<b>Friday</b> Mar-06	<b>Saturday</b> Mar-07	<b>Sunday</b> Mar-08					
	Breakfast	Porridg	e, Weet-bix, Modified	d Fruits, Yoghurt. Bev	erages as per regula	r menu. Scrambled E	ggs on Tuesdays & S	Spices & Cinnamon Cake/ Modified/Custard  Lemon and Thyme Roasted Chicken  Creamy Mash, Roast Pumpkin & Broccoli  Lemon Self-Saucing Pudding					
	Morning tea	Cheese Souffle (Pure Food Co)	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Cinnamon Cake/					
	Main	Braised Lamb	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish with Mash and Vegetables	Marinated Lamb	Thyme Roasted					
Lunch	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	Roast Pumpkin &					
	Dessert	Peach Upside Down Cake	French Toast & No Melt Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	TM Trifle						
A	fternoon tea	Chocolate Custard	Vanilla Pannacotta	Cake and Cream	Fruit and Yoghurt	Yoghurt & Honey	High Protein Mango Pudding	Choc Mousse					
	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone					
Dinner	Main	Spinach & Ricotta Cannelloni, Garlic Mash, Carrots	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Mash, Carrots & Peas	Lamb Rissoles, Tomato Sauce, Herbed Mash, Zucchini, and Beetroot	Beef Stroganoff, Risoni, Beans & Carrot	Pork in Plum Sauce, Pureed Rice or Mash, Carrots & Broccoli	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese					
	Dessert	Berry Fool	Chocolate Brownie	Rice pudding	Sticky Date Self- Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	No Melt Ice Cream Sundae					
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit											



		<b>Monday</b> Mar-09	<b>Tuesday</b> Mar-10	<b>Wednesday</b> Mar-11	<b>Thursday</b> Mar-12	<b>Friday</b> Mar-13	<b>Saturday</b> Mar-14	Sunday Mar-15		
	Breakfast	Porridg	e, Weet-bix, Modified	Mar-11 Mar-12 Mar-13 Mar-14 Mar-15  Fied Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.  Scones Sponge Cake with Jam & Cream Cake Cake Cake Cake Cake Cake Cake Cake						
	Morning tea	Marble Cake	Banana Muffins	Scones	with Jam &					
	Main	Roast Pork & Mustard Sauce	Tomato Chicken Thighs		Pork Steak	Fish and Mash				
Lunch	Served with	Mash, Carrots & Beans	Potatoes, Garden Salad/ Brussel Sprouts and Cauliflower Cheese	Pumpkin and	•	Coleslaw/ Braised Cabbage, Carrot		Rosemary Potatoes, Roasted Carrots, Pumpkin		
	Dessert	Salted Caramel Brownie	Blueberry Cheesecake	Mascarpone &						
A	Afternoon tea	Chocolate Custard	Yoghurt & Honey			Banana Custard	Fruit & Custard			
	Soup	Tomato & Basil	Zucchini	Roasted Red Capsicum & Ricotta	Beef & Veg	Spring Vegetable and Bean	Cauliflower & Bacon	Vegetable & White Bean		
Dinner	Main	Shepherd's Pie	Beef Satay, Pureed Rice or Mash, Broccoli & Carrots	Curried Sausages Creamed Spinach and Carrot	Apricot Chicken, Rice, Broccoli and Diced Carrots	Lamb Ragu, Mash, Zucchini and Carrot	Braised Beef, Mash, Carrots & Beans	Chicken & Leek Casserole, Mash, Sauteed Silverbeet, Roasted Sweet Potato		
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie		
	Supper		Selection of yo	oghurts, custard, higl	n protein mousses, p	ureed baked product	s, pureed fruit			



		<b>Monday</b> Mar-16	<b>Tuesday</b> Mar-17	<b>Wednesday</b> Mar-18	Thursday Mar-19	<b>Friday</b> Mar-20	<b>Saturday</b> Mar-21	<b>Sunday</b> Mar-22	
Breakfast Porridge, Weet-bix, Modified Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & S						undays.			
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes	
	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb	
Lunch	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 Curd and Cream	Apple & Berry Crumble	Tiramisu	Orange Cake	Peach Cobbler with Custard	Butterscotch Self- Saucing Pudding	
Afternoon tea		Yoghurt & Honey	Chocolate Custard	Fruit & Yoghurt	Jelly Cake	Puree Vanilla Cake & Cream	Fruit & Custard	High Protein Mousse	
	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil	
Dinner	Main	Beef Lasagne with , Carrot & Zucchini	Butter Chicken with Rice, Carrot & Zucchini	Salmon Fillet, Mash, Green Beans & Carrot	Mild Lamb Curry, Rice, Pumpkin & Beans	Meatloaf, Mash, Peas & Pumpkin	Sweet & Sour Pork , Rissoto Rice, Carrots & Broccoli	Chicken, Mash, Beans & Carrot	
	Dessert	Chocolate Blancmange	Pear Upside- down Cake	Baked Banana Custard	Ricotta with Honey & Fruit Compote	High Protein Strawberry Mousse	Cappuccino Pannacotta	Rice Pudding & Stewed Fruit	
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit							



		<b>Monday</b> Mar-23	<b>Tuesday</b> Mar-24	<b>Wednesday</b> Mar-25	<b>Thursday</b> Mar-26	<b>Friday</b> Mar-27	<b>Saturday</b> Mar-28	<b>Sunday</b> Mar-29	
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.							
Morning tea		Chocolate Muffins	Spinach Quiche (Pure Food Co)	Sponge Cake with Jam & Cream	Coconut Cake	Carrot Cake	Whipped Ricotta & Smooth Chutney	Banana Cake	
	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy	
Lunch	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	Baked Custard with Cinnamon	Impossible Pie	
Afternoon tea		Yoghurt & Honey	Strawberry Custard	Fruit & Yoghurt	High Protein Mousse	Apple and Custard Cake	Jelly Cake	Pureed Fruit & Yoghurt	
	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean	
Dinner	Main	Marinated Pork, Mash, Broccoli, Carrot	Braised Veal Steak, Mash, Beans & Carrots	Chicken Curry, Rissoto Rice, Carrot & Cauliflower	Sausages & Onion Gravy, Mash, Sauteed Spinach and tomato	Beef Teriyaki, Mash, Cabbage, Broccoli	Lamb Meatloaf with Tzatziki, , Sweet Potato, Zucchini & Skinless Capsicum	Chicken Cacciatore, Pasta , Broccoli	
	Dessert	Puree Peach Sponge & Cream	Perfect Chocolate cream Slice	Tiramisu	Sago Pudding & Fruit	Crème Caramel	Chocolate Ripple Cake	Custard & Apple Cake	
	Supper Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit								



		<b>Monday</b> Mar-30	<b>Tuesday</b> Mar-31	<b>Wednesday</b> Apr-01	Thursday Apr-02	<b>Friday</b> Apr-03	<b>Saturday</b> Apr-04	<b>Sunday</b> Apr-05	
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.							
Morning tea		Cheese Souffle (Pure Food Co)	Blueberry Muffins	Scones	Jelly Cake	Pear Muffins	Chocolate Slice	Spices & Cinnamon Cake/ Modified/Custard	
	Main	Braised Lamb	Fish Fillet	Roast Pork & Apple Sauce	Silverside with Mustard Sauce	Fish with Mash and Vegetables	Marinated Lamb	Lemon and Thyme Roasted Chicken	
Lunch	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	French Toast & No Melt Ice Cream	Cheesecake	Seasonal Fruit Salad and Custard	Black Forest Cake	TM Trifle	Lemon Self- Saucing Pudding	
Afternoon tea		Chocolate Custard	Vanilla Pannacotta	Cake and Cream	Fruit and Yoghurt	Yoghurt & Honey	High Protein Mango Pudding	Choc Mousse	
	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone	
Dinner	Main	Spinach & Ricotta Cannelloni, Garlic Mash, Carrots	Pesto Chicken, Sweet Potato Mash, Zucchini & Roast Tomatoes	Homemade Beef Pie, Mash, Carrots & Peas	Lamb Rissoles, Tomato Sauce, Herbed Mash, Zucchini, and Beetroot	Beef Stroganoff, Risoni, Beans & Carrot	Pork in Plum Sauce, Pureed Rice or Mash, Carrots & Broccoli	Salmon with Sweet Potato Mash, Broccoli and Cauliflower Cheese	
	Dessert	Berry Fool	Chocolate Brownie	Rice pudding	Sticky Date Self- Saucing Pudding	Hazelnut Panna Cotta	Golden Syrup Cake	No Melt Ice Cream Sundae	
Supper Selection of yoghurts, custard, high protein mousses, pureed baked pro					ureed baked product	s, pureed fruit			



		<b>Monday</b> Apr-06	<b>Tuesday</b> Apr-07	<b>Wednesday</b> Apr-08	<b>Thursday</b> Apr-09	<b>Friday</b> Apr-10	<b>Saturday</b> Apr-11	<b>Sunday</b> Apr-12	
Breakfast Porridge, Weet-bix, Modified Fruits, Yoghu					Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.				
	Morning tea	Marble Cake	Banana Muffins	Scones	Sponge Cake with Jam & Cream	Lemon Yoghurt Cake	Vanilla Cake and Custard	Cheese Souffle (Pure Food Co)	
	Main	Roast Pork & Mustard Sauce	Tomato Chicken Thighs	Roast Lamb with Mint Sauce	Pork Steak	Fish and Mash	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce	
Lunch	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	Trio of Pureed Fruit	Marmalade Bread & Butter Pudding	Cinnamon Rice Pudding	Steamed Jam Sponge	
	Afternoon tea	Chocolate Custard	Yoghurt & Honey	Modified Cake & Custard	Puree Fruit & Yoghurt	Banana Custard	Fruit & Custard	High Protein Mousse	
Dinner	Soup	Tomato & Basil	Zucchini	Roasted Red Capsicum & Ricotta	Beef & Veg	Spring Vegetable and Bean	Cauliflower & Bacon	Vegetable & White Bean	
	Main	Shepherd's Pie	Beef Satay, Pureed Rice or Mash, Broccoli & Carrots	Curried Sausages Creamed Spinach and Carrot	Apricot Chicken, Rice, Broccoli and Diced Carrots	Lamb Ragu, Mash, Zucchini and Carrot	Braised Beef, Mash, Carrots & Beans	Chicken & Leek Casserole, Mash, Sauteed Silverbeet, Roasted Sweet Potato	
	Dessert	Berry Cobbler	Plum Clafoutis	Strawberry Pannacotta	Tres Leche Cake	Baked Custard	Chocolate Ripple Cake	Orange & Cream Pie	
	Supper	Selection of yoghurts, custard, high protein mousses, pureed baked products, pureed fruit							