

This is our texture modified menu.



		Monday Sep-29	Tuesday Sep-30	Wednesday Oct-01	Thursday Oct-02	Friday Oct-03	Saturday Oct-04	Sunday Oct-05
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	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
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	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						

This is our texture modified menu.



		Monday Oct-06	Tuesday Oct-07	Wednesday Oct-08	Thursday Oct-09	Friday Oct-10	Saturday Oct-11	Sunday Oct-12
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
Lunch	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	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
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	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						

This is our texture modified menu.



		Monday Oct-13	Tuesday Oct-14	Wednesday Oct-15	Thursday Oct-16	Friday Oct-17	Saturday Oct-18	Sunday Oct-19
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
Lunch	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
	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
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	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						

This is our texture modified menu.



		Monday Oct-20	Tuesday Oct-21	Wednesday Oct-22	Thursday Oct-23	Friday Oct-24	Saturday Oct-25	Sunday Oct-26
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. 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)
Lunch	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
	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						

This is our texture modified menu.



		Monday Oct-27	Tuesday Oct-28	Wednesday Oct-29	Thursday Oct-30	Friday Oct-31	Saturday Nov-01	Sunday Nov-02
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	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
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	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						

This is our texture modified menu.



		Monday Nov-03	Tuesday Nov-04	Wednesday Nov-05	Thursday Nov-06	Friday Nov-07	Saturday Nov-08	Sunday Nov-09
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
Lunch	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	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
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	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						

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		Monday Nov-10	Tuesday Nov-11	Wednesday Nov-12	Thursday Nov-13	Friday Nov-14	Saturday Nov-15	Sunday Nov-16
Breakfast		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
Lunch	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
	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
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	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						

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		Monday Nov-17	Tuesday Nov-18	Wednesday Nov-19	Thursday Nov-20	Friday Nov-21	Saturday Nov-22	Sunday Nov-23
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. 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)
Lunch	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
	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						

This is our texture modified menu.



		Monday Nov-24	Tuesday Nov-25	Wednesday Nov-26	Thursday Nov-27	Friday Nov-28	Saturday Nov-29	Sunday Nov-30
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	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
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	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						

This is our texture modified menu.



		Monday Dec-01	Tuesday Dec-02	Wednesday Dec-03	Thursday Dec-04	Friday Dec-05	Saturday Dec-06	Sunday Dec-07
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
Lunch	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	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
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	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						

This is our texture modified menu.



		Monday Dec-08	Tuesday Dec-09	Wednesday Dec-10	Thursday Dec-11	Friday Dec-12	Saturday Dec-13	Sunday Dec-14
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
Lunch	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
	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
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	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						

This is our texture modified menu.



		Monday Dec-15	Tuesday Dec-16	Wednesday Dec-17	Thursday Dec-18	Friday Dec-19	Saturday Dec-20	Sunday Dec-21
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. 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)
Lunch	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
	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						

This is our texture modified menu.



		Monday Dec-22	Tuesday Dec-23	Wednesday Dec-24	Thursday Dec-25	Friday Dec-26	Saturday Dec-27	Sunday Dec-28
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	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
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	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						

This is our texture modified menu.



		Monday Dec-29	Tuesday Dec-30	Wednesday Dec-31	Thursday Jan-01	Friday Jan-02	Saturday Jan-03	Sunday Jan-04
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
Lunch	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	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
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	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						

This is our texture modified menu.



		Monday Jan-05	Tuesday Jan-06	Wednesday Jan-07	Thursday Jan-08	Friday Jan-09	Saturday Jan-10	Sunday Jan-11
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
Lunch	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
	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
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	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						

This is our texture modified menu.



		Monday Jan-12	Tuesday Jan-13	Wednesday Jan-14	Thursday Jan-15	Friday Jan-16	Saturday Jan-17	Sunday Jan-18
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. 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)
Lunch	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
	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						

This is our texture modified menu.



		Monday Jan-19	Tuesday Jan-20	Wednesday Jan-21	Thursday Jan-22	Friday Jan-23	Saturday Jan-24	Sunday Jan-25
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	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
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	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						

This is our texture modified menu.



		Monday Jan-26	Tuesday Jan-27	Wednesday Jan-28	Thursday Jan-29	Friday Jan-30	Saturday Jan-31	Sunday Feb-01
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
Lunch	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	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
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	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						

This is our texture modified menu.



		Monday Feb-02	Tuesday Feb-03	Wednesday Feb-04	Thursday Feb-05	Friday Feb-06	Saturday Feb-07	Sunday Feb-08
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
Lunch	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
	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
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	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						

This is our texture modified menu.



		Monday Feb-09	Tuesday Feb-10	Wednesday Feb-11	Thursday Feb-12	Friday Feb-13	Saturday Feb-14	Sunday Feb-15
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. 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)
Lunch	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
	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						

This is our texture modified menu.



		Monday Feb-16	Tuesday Feb-17	Wednesday Feb-18	Thursday Feb-19	Friday Feb-20	Saturday Feb-21	Sunday Feb-22
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	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
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	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						

This is our texture modified menu.



		Monday Feb-23	Tuesday Feb-24	Wednesday Feb-25	Thursday Feb-26	Friday Feb-27	Saturday Feb-28	Sunday Mar-01
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
Lunch	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	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
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	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						

This is our texture modified menu.



		Monday Mar-02	Tuesday Mar-03	Wednesday Mar-04	Thursday Mar-05	Friday Mar-06	Saturday Mar-07	Sunday Mar-08
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
Lunch	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
	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
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	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						

This is our texture modified menu.



		Monday Mar-09	Tuesday Mar-10	Wednesday Mar-11	Thursday Mar-12	Friday Mar-13	Saturday Mar-14	Sunday Mar-15
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. 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)
Lunch	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
	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						

This is our texture modified menu.



		Monday Mar-16	Tuesday Mar-17	Wednesday Mar-18	Thursday Mar-19	Friday Mar-20	Saturday Mar-21	Sunday Mar-22
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. Beverages as per regular menu. Scrambled Eggs on Tuesdays & Sundays.						
Morning tea		Orange Muffin	Chocolate Sponge Cake	Scones	Yoghurt Cake	Cheese Souffle (Pure Food Co)	Banana & Bran Muffins	Butterfly Cakes
Lunch	Main	Chefs Fish	Lamb Casserole	Multicultural Food Day	Pork Roast with Apple Sauce	Fish	Braised Steak	Sunday Roast: Lamb
	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
Dinner	Soup	Creamy Pumpkin	Leek, Potato & Bacon	Chicken & Corn Soup	Pea & Ham	Cheesy Broccoli & Cauliflower	Minestrone	Creamy Lentil
	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						

This is our texture modified menu.



		Monday Mar-23	Tuesday Mar-24	Wednesday Mar-25	Thursday Mar-26	Friday Mar-27	Saturday Mar-28	Sunday 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
Lunch	Main	Beef Meatballs	Fish Fillet	CHEFS CHOICE	Roast Lamb, Gravy & Mint Sauce	Baked Fish	Creamy Garlic Chicken	Sunday Roast: Beef with red wine gravy
	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
Dinner	Soup	Mushroom & Leek	Tomato & Lentil	Spring Vegetable	Chicken & Noodle	Bacon & Corn	Beef and Vegetable	Tuscan Bean
	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						

This is our texture modified menu.



		Monday Mar-30	Tuesday Mar-31	Wednesday Apr-01	Thursday Apr-02	Friday Apr-03	Saturday Apr-04	Sunday 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
Lunch	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
	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
Dinner	Soup	Beef & Barley Soup	Lentil and Vegetable	Creamy Chicken	Cauliflower & Bacon	Broccoli & Cheese	Carrot and Sweet Potato	Minestrone
	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						

This is our texture modified menu.



		Monday Apr-06	Tuesday Apr-07	Wednesday Apr-08	Thursday Apr-09	Friday Apr-10	Saturday Apr-11	Sunday Apr-12
Breakfast		Porridge, Weet-bix, Modified Fruits, Yoghurt. 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)
Lunch	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
	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						