

This is our Coppin Suites menu.



		Monday Sep 29	Tuesday Sep 30	Wednesday Oct 01	Thursday Oct 02	Friday Oct 03	Saturday Oct 04	Sunday Oct 05
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese, chive and bacon frittata	Banana and bran muffins	Butterfly cakes
Lunch	Main choice 1	Chef’s fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Main choice 2	Mushroom pie	Veggie burgers with cheese	Pasta	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon tart	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne Garlic bread Garden salad	Butter chicken Rice Carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Egg and veg fried rice	Chicken tenders Mash Beans and carrot
	Main choice 2	Noodle stir fry	Vegetable stack	Cheese croissant	Quiche	Veggie pastie	Egg and vegetable fried rice	Vegetarian sausages
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta and fruit tart	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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		Monday Oct 06	Tuesday Oct 07	Wednesday Oct 08	Thursday Oct 09	Friday Oct 10	Saturday Oct 11	Sunday Oct 12
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate muffins	Savoury finger foods	Scones with jam and cream	Coconut cake	Carrot cake	Cheese with crackers or dip	Banana cake
Lunch	Main choice 1	Beef meatballs	Seafood combo	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Vegetable quiche	Lentil and tomato hot pot	Vegetarian pasta	Vegie patties	Frittata	Garlic sesame tofu	Vegetable and lentil lasagne
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self-saucing pudding	Trifle	Custard tart	Impossible pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak Mash Beans and carrots	Chicken curry Rice Carrot and cauliflower	Sausages and onion gravy Mash Sautéed spinach and tomato	Beef teriyaki Egg noodles Cabbage, broccoli	Lamb meatloaf with tzatziki, flatbread and greek salad	Chicken cacciatore Rice or pasta Broccoli
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Veggie sausages	Vegetable pastie	Egg noodles and veg	Chickpea burgers with tzatziki	Honey soy stir fry
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

This is our Coppin Suites menu.



		Monday Oct 13	Tuesday Oct 14	Wednesday Oct 15	Thursday Oct 16	Friday Oct 17	Saturday Oct 18	Sunday Oct 19
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spice cinnamon cake
Lunch	Main choice 1	Lamb chops	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Marinated lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Risotto	Vegetarian sausages	Veggie patty parmas	Stir fry garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside-down cake	Waffles with ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	Trifle	Lemon self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main choice 1	Spinach and ricotta cannelloni greek Salad	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Chips Salad	Lamb rissoles, relish, Herbed potatoes, ratatoullie	Beef Stroganoff Pasta Salad	Pork in plum sauce Egg fried rice Stir-fried Asian vegetables	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepherd's pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Berry fool	Chocolate brownie	Rice pudding with sultanas	Sticky date self-saucing pudding	Hazelnut panna cotta	Golden syrup cake	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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		Monday Oct 20	Tuesday Oct 21	Wednesday Oct 22	Thursday Oct 23	Friday Oct 24	Saturday Oct 25	Sunday Oct 26
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and mustard sauce	Chicken parmigiana	Roast lamb with mint sauce	Pork steak	Fish and chips	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Main choice 2	Sweet and sour tofu with rice	Cheesy pasta bake	Vegetable stew	Vegetable burgers	Pumpkin and spinach risotto	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Fruit danish	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main choice 1	Shepherd's pie	Beef satay Steamed rice Asian stir fried vegetables	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Vegie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes	Vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

This is our Coppin Suites menu.



		Monday Oct 27	Tuesday Oct 28	Wednesday Oct 29	Thursday Oct 30	Friday Oct 31	Saturday Nov 01	Sunday Nov 02
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese, chive and bacon frittata	Banana and bran muffins	Butterfly cakes
Lunch	Main choice 1	Chef’s fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Main choice 2	Mushroom pie	Veggie burgers with cheese	Pasta	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon tart	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne Garlic bread Garden salad	Butter chicken Rice Carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Egg and veg fried rice	Chicken tenders Mash Beans and carrot
	Main choice 2	Noodle stir fry	Vegetable stack	Cheese croissant	Quiche	Veggie pastie	Egg and vegetable fried rice	Vegetarian sausages
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta and fruit tart	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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		Monday Nov 03	Tuesday Nov 04	Wednesday Nov 05	Thursday Nov 06	Friday Nov 07	Saturday Nov 08	Sunday Nov 09
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate muffins	Savoury finger foods	Scones with jam and cream	Coconut cake	Carrot cake	Cheese with crackers or dip	Banana cake
Lunch	Main choice 1	Beef meatballs	Seafood combo	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Vegetable quiche	Lentil and tomato hot pot	Vegetarian pasta	Veggie patties	Frittata	Garlic sesame tofu	Vegetable and lentil lasagne
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self-saucing pudding	Trifle	Custard tart	Impossible pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak Mash Beans and carrots	Chicken curry Rice Carrot and cauliflower	Sausages and onion gravy Mash Sautéed spinach and tomato	Beef teriyaki Egg noodles Cabbage, broccoli	Lamb meatloaf with tzatziki, flatbread and greek salad	Chicken cacciatore Rice or pasta Broccoli
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Veggie sausages	Vegetable pastie	Egg noodles and veg	Chickpea burgers with tzatziki	Honey soy stir fry
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

This is our Coppin Suites menu.



		Monday Nov 10	Tuesday Nov 11	Wednesday Nov 12	Thursday Nov 13	Friday Nov 14	Saturday Nov 15	Sunday Nov 16
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spice cinnamon cake
Lunch	Main choice 1	Lamb chops	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Marinated lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Risotto	Vegetarian sausages	Veggie patty parmas	Stir fry garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside-down cake	Waffles with ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	Trifle	Lemon self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main choice 1	Spinach and ricotta cannelloni greek Salad	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Chips Salad	Lamb rissoles, relish, Herbed potatoes, ratatoullie	Beef Stroganoff Pasta Salad	Pork in plum sauce Egg fried rice Stir-fried Asian vegetables	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepherd's pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Berry fool	Chocolate brownie	Rice pudding with sultanas	Sticky date self-saucing pudding	Hazelnut panna cotta	Golden syrup cake	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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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		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and mustard sauce	Chicken parmigiana	Roast lamb with mint sauce	Pork steak	Fish and chips	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Main choice 2	Sweet and sour tofu with rice	Cheesy pasta bake	Vegetable stew	Vegetable burgers	Pumpkin and spinach risotto	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Fruit danish	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main choice 1	Shepherd's pie	Beef satay Steamed rice Asian stir fried vegetables	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Vegie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes	Vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

This is our Coppin Suites menu.



		Monday Nov 24	Tuesday Nov 25	Wednesday Nov 26	Thursday Nov 27	Friday Nov 28	Saturday Nov 29	Sunday Nov 30
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese, chive and bacon frittata	Banana and bran muffins	Butterfly cakes
Lunch	Main choice 1	Chef's fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Main choice 2	Mushroom pie	Veggie burgers with cheese	Pasta	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon tart	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne Garlic bread Garden salad	Butter chicken Rice Carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Egg and veg fried rice	Chicken tenders Mash Beans and carrot
	Main choice 2	Noodle stir fry	Vegetable stack	Cheese croissant	Quiche	Veggie pastie	Egg and vegetable fried rice	Vegetarian sausages
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta and fruit tart	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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		Monday Dec 01	Tuesday Dec 02	Wednesday Dec 03	Thursday Dec 04	Friday Dec 05	Saturday Dec 06	Sunday Dec 07
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate muffins	Savoury finger foods	Scones with jam and cream	Coconut cake	Carrot cake	Cheese with crackers or dip	Banana cake
Lunch	Main choice 1	Beef meatballs	Seafood combo	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Vegetable quiche	Lentil and tomato hot pot	Vegetarian pasta	Veggie patties	Frittata	Garlic sesame tofu	Vegetable and lentil lasagne
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self-saucing pudding	Trifle	Custard tart	Impossible pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak Mash Beans and carrots	Chicken curry Rice Carrot and cauliflower	Sausages and onion gravy Mash Sautéed spinach and tomato	Beef teriyaki Egg noodles Cabbage, broccoli	Lamb meatloaf with tzatziki, flatbread and greek salad	Chicken cacciatore Rice or pasta Broccoli
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Veggie sausages	Vegetable pastie	Egg noodles and veg	Chickpea burgers with tzatziki	Honey soy stir fry
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

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		Monday Dec 08	Tuesday Dec 09	Wednesday Dec 10	Thursday Dec 11	Friday Dec 12	Saturday Dec 13	Sunday Dec 14
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spice cinnamon cake
Lunch	Main choice 1	Lamb chops	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Marinated lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Risotto	Vegetarian sausages	Veggie patty parmas	Stir fry garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside-down cake	Waffles with ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	Trifle	Lemon self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main choice 1	Spinach and ricotta cannelloni greek Salad	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Chips Salad	Lamb rissoles, relish, Herbed potatoes, ratatoullie	Beef Stroganoff Pasta Salad	Pork in plum sauce Egg fried rice Stir-fried Asian vegetables	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepherd's pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Berry fool	Chocolate brownie	Rice pudding with sultanas	Sticky date self-saucing pudding	Hazelnut panna cotta	Golden syrup cake	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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		Monday Dec 15	Tuesday Dec 16	Wednesday Dec 17	Thursday Dec 18	Friday Dec 19	Saturday Dec 20	Sunday Dec 21
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and mustard sauce	Chicken parmigiana	Roast lamb with mint sauce	Pork steak	Fish and chips	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Main choice 2	Sweet and sour tofu with rice	Cheesy pasta bake	Vegetable stew	Vegetable burgers	Pumpkin and spinach risotto	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Fruit danish	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main choice 1	Shepherd's pie	Beef satay Steamed rice Asian stir fried vegetables	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Vegie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes	Vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

This is our Coppin Suites menu.



		Monday Dec 22	Tuesday Dec 23	Wednesday Dec 24	Thursday Dec 25	Friday Dec 26	Saturday Dec 27	Sunday Dec 28
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese, chive and bacon frittata	Banana and bran muffins	Butterfly cakes
Lunch	Main choice 1	Chef's fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Main choice 2	Mushroom pie	Veggie burgers with cheese	Pasta	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon tart	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne Garlic bread Garden salad	Butter chicken Rice Carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Egg and veg fried rice	Chicken tenders Mash Beans and carrot
	Main choice 2	Noodle stir fry	Vegetable stack	Cheese croissant	Quiche	Veggie pastie	Egg and vegetable fried rice	Vegetarian sausages
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta and fruit tart	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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		Monday Dec 29	Tuesday Dec 30	Wednesday Dec 31	Thursday Jan 01	Friday Jan 02	Saturday Jan 03	Sunday Jan 04
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate muffins	Savoury finger foods	Scones with jam and cream	Coconut cake	Carrot cake	Cheese with crackers or dip	Banana cake
Lunch	Main choice 1	Beef meatballs	Seafood combo	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Vegetable quiche	Lentil and tomato hot pot	Vegetarian pasta	Vegie patties	Frittata	Garlic sesame tofu	Vegetable and lentil lasagne
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self-saucing pudding	Trifle	Custard tart	Impossible pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak Mash Beans and carrots	Chicken curry Rice Carrot and cauliflower	Sausages and onion gravy Mash Sauteed spinach and tomato	Beef teriyaki Egg noodles Cabbage, broccoli	Lamb meatloaf with tzatziki, flatbread and greek salad	Chicken cacciatore Rice or pasta Broccoli
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Veggie sausages	Vegetable pastie	Egg noodles and veg	Chickpea burgers with tzatziki	Honey soy stir fry
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

This is our Coppin Suites menu.



		Monday Jan 05	Tuesday Jan 06	Wednesday Jan 07	Thursday Jan 08	Friday Jan 09	Saturday Jan 10	Sunday Jan 11
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spice cinnamon cake
Lunch	Main choice 1	Lamb chops	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Marinated lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Risotto	Vegetarian sausages	Veggie patty parmas	Stir fry garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside-down cake	Waffles with ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	Trifle	Lemon self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main choice 1	Spinach and ricotta cannelloni greek Salad	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Chips Salad	Lamb rissoles, relish, Herbed potatoes, ratatoullie	Beef Stroganoff Pasta Salad	Pork in plum sauce Egg fried rice Stir-fried Asian vegetables	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepherd's pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Berry fool	Chocolate brownie	Rice pudding with sultanas	Sticky date self-saucing pudding	Hazelnut panna cotta	Golden syrup cake	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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		Monday Jan 12	Tuesday Jan 13	Wednesday Jan 14	Thursday Jan 15	Friday Jan 16	Saturday Jan 17	Sunday Jan 18
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and mustard sauce	Chicken parmigiana	Roast lamb with mint sauce	Pork steak	Fish and chips	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Main choice 2	Sweet and sour tofu with rice	Cheesy pasta bake	Vegetable stew	Vegetable burgers	Pumpkin and spinach risotto	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Fruit danish	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main choice 1	Shepherd's pie	Beef satay Steamed rice Asian stir fried vegetables	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Vegie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes	Vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

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		Monday Jan 19	Tuesday Jan 20	Wednesday Jan 21	Thursday Jan 22	Friday Jan 23	Saturday Jan 24	Sunday Jan 25
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese, chive and bacon frittata	Banana and bran muffins	Butterfly cakes
Lunch	Main choice 1	Chef’s fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Main choice 2	Mushroom pie	Veggie burgers with cheese	Pasta	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon tart	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne Garlic bread Garden salad	Butter chicken Rice Carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Egg and veg fried rice	Chicken tenders Mash Beans and carrot
	Main choice 2	Noodle stir fry	Vegetable stack	Cheese croissant	Quiche	Veggie pastie	Egg and vegetable fried rice	Vegetarian sausages
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta and fruit tart	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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		Monday Jan 26	Tuesday Jan 27	Wednesday Jan 28	Thursday Jan 29	Friday Jan 30	Saturday Jan 31	Sunday Feb 01
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate muffins	Savoury finger foods	Scones with jam and cream	Coconut cake	Carrot cake	Cheese with crackers or dip	Banana cake
Lunch	Main choice 1	Beef meatballs	Seafood combo	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Vegetable quiche	Lentil and tomato hot pot	Vegetarian pasta	Veggie patties	Frittata	Garlic sesame tofu	Vegetable and lentil lasagne
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self-saucing pudding	Trifle	Custard tart	Impossible pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak Mash Beans and carrots	Chicken curry Rice Carrot and cauliflower	Sausages and onion gravy Mash Sautéed spinach and tomato	Beef teriyaki Egg noodles Cabbage, broccoli	Lamb meatloaf with tzatziki, flatbread and greek salad	Chicken cacciatore Rice or pasta Broccoli
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Veggie sausages	Vegetable pastie	Egg noodles and veg	Chickpea burgers with tzatziki	Honey soy stir fry
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

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		Monday Feb 02	Tuesday Feb 03	Wednesday Feb 04	Thursday Feb 05	Friday Feb 06	Saturday Feb 07	Sunday Feb 08
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spice cinnamon cake
Lunch	Main choice 1	Lamb chops	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Marinated lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Risotto	Vegetarian sausages	Veggie patty parmas	Stir fry garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside-down cake	Waffles with ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	Trifle	Lemon self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main choice 1	Spinach and ricotta cannelloni greek Salad	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Chips Salad	Lamb rissoles, relish, Herbed potatoes, ratatoullie	Beef Stroganoff Pasta Salad	Pork in plum sauce Egg fried rice Stir-fried Asian vegetables	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepherd's pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Berry fool	Chocolate brownie	Rice pudding with sultanas	Sticky date self-saucing pudding	Hazelnut panna cotta	Golden syrup cake	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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		Monday Feb 09	Tuesday Feb 10	Wednesday Feb 11	Thursday Feb 12	Friday Feb 13	Saturday Feb 14	Sunday Feb 15
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and mustard sauce	Chicken parmigiana	Roast lamb with mint sauce	Pork steak	Fish and chips	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Main choice 2	Sweet and sour tofu with rice	Cheesy pasta bake	Vegetable stew	Vegetable burgers	Pumpkin and spinach risotto	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Fruit danish	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main choice 1	Shepherd's pie	Beef satay Steamed rice Asian stir fried vegetables	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Vegie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes	Vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

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		Monday Feb 16	Tuesday Feb 17	Wednesday Feb 18	Thursday Feb 19	Friday Feb 20	Saturday Feb 21	Sunday Feb 22
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese, chive and bacon frittata	Banana and bran muffins	Butterfly cakes
Lunch	Main choice 1	Chef's fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Main choice 2	Mushroom pie	Veggie burgers with cheese	Pasta	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon tart	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne Garlic bread Garden salad	Butter chicken Rice Carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Egg and veg fried rice	Chicken tenders Mash Beans and carrot
	Main choice 2	Noodle stir fry	Vegetable stack	Cheese croissant	Quiche	Veggie pastie	Egg and vegetable fried rice	Vegetarian sausages
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta and fruit tart	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Coppin Suites menu.



		Monday Feb 23	Tuesday Feb 24	Wednesday Feb 25	Thursday Feb 26	Friday Feb 27	Saturday Feb 28	Sunday Mar 01
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate muffins	Savoury finger foods	Scones with jam and cream	Coconut cake	Carrot cake	Cheese with crackers or dip	Banana cake
Lunch	Main choice 1	Beef meatballs	Seafood combo	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Vegetable quiche	Lentil and tomato hot pot	Vegetarian pasta	Vegie patties	Frittata	Garlic sesame tofu	Vegetable and lentil lasagne
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self-saucing pudding	Trifle	Custard tart	Impossible pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak Mash Beans and carrots	Chicken curry Rice Carrot and cauliflower	Sausages and onion gravy Mash Sautéed spinach and tomato	Beef teriyaki Egg noodles Cabbage, broccoli	Lamb meatloaf with tzatziki, flatbread and greek salad	Chicken cacciatore Rice or pasta Broccoli
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Veggie sausages	Vegetable pastie	Egg noodles and veg	Chickpea burgers with tzatziki	Honey soy stir fry
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

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		Monday Mar 02	Tuesday Mar 03	Wednesday Mar 04	Thursday Mar 05	Friday Mar 06	Saturday Mar 07	Sunday Mar 08
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spice cinnamon cake
Lunch	Main choice 1	Lamb chops	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Marinated lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Risotto	Vegetarian sausages	Veggie patty parmas	Stir fry garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside-down cake	Waffles with ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	Trifle	Lemon self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main choice 1	Spinach and ricotta cannelloni greek Salad	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Chips Salad	Lamb rissoles, relish, Herbed potatoes, ratatoullie	Beef Stroganoff Pasta Salad	Pork in plum sauce Egg fried rice Stir-fried Asian vegetables	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepherd's pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Berry fool	Chocolate brownie	Rice pudding with sultanas	Sticky date self-saucing pudding	Hazelnut panna cotta	Golden syrup cake	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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		Monday Mar 09	Tuesday Mar 10	Wednesday Mar 11	Thursday Mar 12	Friday Mar 13	Saturday Mar 14	Sunday Mar 15
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and mustard sauce	Chicken parmigiana	Roast lamb with mint sauce	Pork steak	Fish and chips	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Main choice 2	Sweet and sour tofu with rice	Cheesy pasta bake	Vegetable stew	Vegetable burgers	Pumpkin and spinach risotto	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Fruit danish	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main choice 1	Shepherd's pie	Beef satay Steamed rice Asian stir fried vegetables	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Vegie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes	Vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

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		Monday Mar 16	Tuesday Mar 17	Wednesday Mar 18	Thursday Mar 19	Friday Mar 20	Saturday Mar 21	Sunday Mar 22
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Orange muffin	Chocolate sponge cake	Scones	Yoghurt cake	Cheese, chive and bacon frittata	Banana and bran muffins	Butterfly cakes
Lunch	Main choice 1	Chef's fish	Lamb casserole	Multicultural food day	Pork roast with apple sauce	Fish	Braised steak	Sunday roast: lamb
	Main choice 2	Mushroom pie	Veggie burgers with cheese	Pasta	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Herbed potatoes, Broccoli and carrots	Mash, Green beans and pumpkin	Multicultural food day, Multicultural food day	Roast potato, Broccoli and red cabbage	Chips/mash, Coleslaw or buttery mixed veg	Sweet potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon tart	Apple and berry crumble	Tiramisu	Orange cake	Peach cobbler with custard	Butterscotch self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Creamy pumpkin	Leek, potato and bacon	Chicken and corn soup	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne Garlic bread Garden salad	Butter chicken Rice Carrot and zucchini	Salmon fillet Mash Green beans and carrot	Mild lamb curry Rice Pumpkin and beans	Meatloaf Mash Peas and pumpkin	Sweet and sour pork Egg and veg fried rice	Chicken tenders Mash Beans and carrot
	Main choice 2	Noodle stir fry	Vegetable stack	Cheese croissant	Quiche	Veggie pastie	Egg and vegetable fried rice	Vegetarian sausages
	Dessert	Chocolate Blancmange	Pear upside-down cake	Baked banana custard	Ricotta and fruit tart	High-protein strawberry mousse	Cappuccino pannacotta	Rice pudding and stewed fruit
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Coppin Suites menu.



		Monday Mar 23	Tuesday Mar 24	Wednesday Mar 25	Thursday Mar 26	Friday Mar 27	Saturday Mar 28	Sunday Mar 29
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Chocolate muffins	Savoury finger foods	Scones with jam and cream	Coconut cake	Carrot cake	Cheese with crackers or dip	Banana cake
Lunch	Main choice 1	Beef meatballs	Seafood combo	CHEF'S CHOICE	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Vegetable quiche	Lentil and tomato hot pot	Vegetarian pasta	Vegie patties	Frittata	Garlic sesame tofu	Vegetable and lentil lasagne
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	CHEF'S CHOICE, CHEF'S CHOICE	Mash, Pumpkin and zucchini	Chips/mash, Coleslaw or mixed vegetables	Rice, Honeyed carrots and broccoli	Mash, Roast parsnip, carrot and peas
	Dessert	Pavlova with mascarpone and fruit	Lemon cheesecake	Bread and butter pudding	Chocolate self-saucing pudding	Trifle	Custard tart	Impossible pie
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Mushroom and leek	Tomato and lentil	Spring vegetable	Chicken and noodle	Bacon and corn	Beef and vegetable	Tuscan bean
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak Mash Beans and carrots	Chicken curry Rice Carrot and cauliflower	Sausages and onion gravy Mash Sautéed spinach and tomato	Beef teriyaki Egg noodles Cabbage, broccoli	Lamb meatloaf with tzatziki, flatbread and greek salad	Chicken cacciatore Rice or pasta Broccoli
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Veggie sausages	Vegetable pastie	Egg noodles and veg	Chickpea burgers with tzatziki	Honey soy stir fry
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Sago pudding and fruit	Crème caramel	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

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		Monday Mar 30	Tuesday Mar 31	Wednesday Apr 01	Thursday Apr 02	Friday Apr 03	Saturday Apr 04	Sunday Apr 05
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Hummus with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate slice	Spice cinnamon cake
Lunch	Main choice 1	Lamb chops	Fish fillet	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Marinated lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Risotto	Vegetarian sausages	Veggie patty parmas	Stir fry garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed Fish	Roast Chicken	Lamb Shank	Butter Chicken with Rice	Salmon	Spaghetti Bolognaise
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese & broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Herbed potatoes, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Peach upside-down cake	Waffles with ice cream	Cheesecake	Seasonal fruit salad and custard	Black forest cake	Trifle	Lemon self-saucing pudding
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Beef and barley soup	Lentil and vegetable	Creamy chicken	Cauliflower and bacon	Broccoli and cheese	Carrot and sweet potato	Minestrone
	Main choice 1	Spinach and ricotta cannelloni greek Salad	Pesto chicken Sweet potato mash Zucchini and roast tomatoes	Homemade beef pie Chips Salad	Lamb rissoles, relish, Herbed potatoes, ratatoullie	Beef Stroganoff Pasta Salad	Pork in plum sauce Egg fried rice Stir-fried Asian vegetables	Salmon with sweet potato mash, broccoli and cauliflower cheese
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepherd's pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Berry fool	Chocolate brownie	Rice pudding with sultanas	Sticky date self-saucing pudding	Hazelnut panna cotta	Golden syrup cake	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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		Monday Apr 06	Tuesday Apr 07	Wednesday Apr 08	Thursday Apr 09	Friday Apr 10	Saturday Apr 11	Sunday Apr 12
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Marble cake	Banana muffins	Scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and mustard sauce	Chicken parmigiana	Roast lamb with mint sauce	Pork steak	Fish and chips	Baked chicken and thyme butter	Roast turkey with cranberry sauce
	Main choice 2	Sweet and sour tofu with rice	Cheesy pasta bake	Vegetable stew	Vegetable burgers	Pumpkin and spinach risotto	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognaise
	Served with	Mash, Carrots and beans	Potatoes, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	Mash, Steamed broccoli and carrots	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked pumpkin	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	Fruit danish	Marmalade bread and butter pudding	Cinnamon rice pudding	Steamed jam sponge
Afternoon tea		Afternoon tea: a selection of baked goods, biscuits, fruit. Drinks include tea, coffee, milk and milky drinks. Happy hour once per week.						
Dinner	Soup	Tomato and basil	Zucchini	Roasted red capsicum and ricotta	Beef and veg	Spring vegetable and bean	Cauliflower and bacon	Vegetable and white bean
	Main choice 1	Shepherd's pie	Beef satay Steamed rice Asian stir fried vegetables	Curried sausages Creamed spinach and carrot	Apricot chicken, rice, broccoli and diced carrots	Lamb ragu, mash, zucchini and carrot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable pie	Asian stir fried egg and veg served with rice	Vegie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes	Vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry panna cotta	Tres leche cake	Baked custard	Chocolate ripple cake	Orange and cream pie
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						