

This is our Footscray 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		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Shrimp noodle soup	Seafood noodle soup	Chicken Tom Yum noodle soup	Wonton Soup	Lemon and ginger steamed fish	Pork meatballs	Miso soup
	Main choice 2	Chicken Florentine	Poached chicken with soy and sesame	Roasted beef / herb bernaise	Pickled pork/ mustard sauce	Fish of the day	Italian sausage	Pork, plum and ginger fried rice
	Served with	Mashed potato, Sesame greens	Carrot, rice, Carrot, beans	Sesame rice vinegar Cucumber, Mashed duo of potato and buttered peas	Braised cabbage and rice, Braised cabbage and rice	Buttered mash, green peas and carrots, chips / coleslaw	Rice, mixed veg, Mashed potato, peas	Rice, Roast potato,roast pumpkin and beans
	Dessert	Baked apple/ custard	Lemon magic cake	Stone fruit crostata	Nutmeg custard	Mango coconut pudding	Raspberries and cream	Chocolate mousse
Afternoon tea		Yum Cha / beef meatball	Fresh Fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	Potato and leek	Chicken noodle	Coconut pumpkin	Ham and bean	Green peas and fetta	Beef broth	Chicken and macaroni
	Main choice 1	Lemongrass lamb	Braised and caramelised fish	Caramelised pork and eggs	Kung Pao chicken stir fry	Spring rolls / noodles	Lemon crispy chicken	Aromatic beef curry
	Main choice 2	Fisherman's basket	Chicken tortellini	Carmelised pepper pork	Honey soy chicken	Mint and honey kebabs	Pork stir fry	Steak diane
	Served with	Cream mashed potato, Broccoli and carrots	Brussel sprouts, pumpkin and mashed potato	Green beans, carrot and mashed Potato	Asian green, mashed potato	Peas and carrot, ginger, mashed potato	Cauliflower and potato mash, broccoli	Potato, green peas and corn
	Dessert	Treacle	Peaches and cream	Pineapple ice cream	Cherry bars / chocolate ice cream	Eclairs	Plum and pear slice	Blueberry and mascarpone slice
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray menu.



		Monday Oct 06	Tuesday Oct 07	Wednesday Oct 08	Thursday Oct 09	Friday Oct 10	Saturday Oct 11	Sunday Oct 12
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Noodle soup / chicken, pork and egg	KFC chicken	Fish sauce chicken wings	Noodles w/ spring rolls	Ginger soy salmon	Combination soup	Crispy skin chicken
	Main choice 2	Beef lasagne	KFC chicken	Slow Roasted Lamb w/ lemon, garlic and rosemary	Mixed grill plate	Fish of the day	Traditional moussaka	Roast pork
	Served with	Golden potatoes and salad, Bechemel potato, roasted tomato (no skin) and zucchini	Chips and salad, Butter mash, beetroot and peas	Garlic butter potato, beans and broccoli, Sesame rice	Creamy mashed potato, pumpkin and zucchini, Pickled vegetables	Chips and mixed vegetables, Lemon	Lemon potato and beans, Rice	Potato, honey carrots and broccoli, Sesame cucumber and spice rice
	Dessert	Strawberry mango ice cream	Pavlova	Banana cream	Lemon meringue	Fruit jelly and whipped cream	Chocolate mousse pavlova nests	Lemon and blackberry frozen yoghurt slice
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Green minestrone w/ pesto	Potato and cheese	Hungarian cream of mushroom	Asian chicken noodle	Chicken and cauliflower	Carrot and lentil	Pumpkin
	Main choice 1	Chilli prawns	Cantonese beef	Orange chicken	Sticky mango pork	Chicken fried rice	Beef stew	Thai basil chicken
	Main choice 2	Seafood fried rice	Grilled chicken w/ mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Pork w/ katsu sauce	Grilled barramundi, lemon and herb
	Served with	Duo potato mash and peas	Creamy polenta, broccoli and corn	Sweet potato, cauliflower	Carrot, potato and broccoli	Cous Cous	Fragrant rice and Asian medley vegetables	Sweet potato mash and crushed peas
	Dessert	Ice cream	Chocolate mousse	Peach cobbler	Mixed berry tiramisu	Pear and sultana crumble	Mango mousse	Caramel apple Strudel
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray 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		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Chicken pho	Caramel pork	Prawn pho noodle	Firecracker Chicken	Lemon steamed fish	Tomato noodle soup	Five spice Chicken
	Main choice 2	Thai fish cake / Thai seafood sauce	Pork and pineapple yellow curry	Roast turkey roll / lemon mayonnaise	Corned beef	Fish of the day	Chicken Kiev	Roast beef
	Served with	Cabbage, potato and zucchini, Crunch salad / sesame dressing	Coconut rice,	Herb butter chat potato, corn and peas, Rice	Garlic butter-infused rice, Potato and cauliflower Green peas	Rice, Roasted smashed potato and mixed greens	Rice, Mashed potato, broccoli Carrots	Rice, Peas, pumpkin, roast potato
	Dessert	Chocolate magic cake	Berry lemon trifle	Sponge cake and fruit	Carrot cake	Chocolate cake	Ginger honey cake	Vanilla mango and raspberry slice
Afternoon tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	White bean and sausage	Broccoli and kale	Korma cauliflower	Rich creamy tomato and basil	Sweet potato and lentil	Chicken laksa	Pea and ham
	Main choice 1	Grilled pork chops	Braised fish	Penag beef curry	Grilled chicken and prawn	Moo shu pork	Phad Thai chicken	Noodle bowl
	Main choice 2	Chicken/ ratatoullie sauce	Steamed fish and ginger, spring onion	Swedish Meatballs	Lamb curry	Philly steak roll	Chicken curry	Poached chicken
	Served with	Wombok, carrot green bean	Lemon fragrant rice	Mashed potato, broccoli and carrots	Beetroot, potato and pumpkin	Mashed potato, sweet potato and peas	Zucchini, corn and potato	Peas, zucchini and corn
	Dessert	Pina colada lush slice	Baked chocolate cheesecake	Chocolate panna cotta	Strawberry cheesecake	Honey and coconut panna cotta	Vanilla mousse / blueberry sauce	Mixed berry mousse
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

This is our Footscray menu.



		Monday Oct 20	Tuesday Oct 21	Wednesday Oct 22	Thursday Oct 23	Friday Oct 24	Saturday Oct 25	Sunday Oct 26
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Chicken pho	Braised duck	Pork and prawn noodle soup	Chicken drumstick	Braised and caramelised fish	Beef pho	Prawn noodle pho
	Main choice 2	Meatloaf	Braised duck	Roast lemon chicken maryland	Beef Stroganoff	Fish of the day	Terriyaki pineapple baked chicken	Roast beef
	Served with	Potato gratin, peas and corn,	Rice, Mixed vegetables	Rice, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice, Potato, peas and pumpkin	Rice, Chilli mango pieces	Rice, Roast potato and veg medley
	Dessert	Sponge cake	Pavlova with cream and mixed Fruit	Strawberry jelly	Upside-down pineapple cake	Vanilla pannacotta peach jelly	Tirramisu	Summer pudding
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Broccoli	Split pea and mushroom	Minestrone	Beef vegetable	French onion	Pumpkin	Cream of vegetable
	Main choice 1	Hawaiian salmon / lemon Hollandaise	BBQ pork	Honey garlic chicken stir fry	Braisd pork belly and egg	Karaage Chicken	Spring rolls, noodles	San Choy Bow
	Main choice 2	Beef curry	Lamb curry	Pork curry	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	Served with	Cream mash, bean, carrots	Mash potato, peas and Bean	Hokkien noodles	Rice, corn, wombok	Roast vegetable mix	Mashed potato, peas, pumpkin	Vermicelli noodles
	Dessert	Apple strawberry crumble	Caramel mousse	Fruit and custard	Appricot pavlova	Chocolate pudding	Ice cream	Chocolate ripple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray 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		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Shrimp noodle soup	Seafood noodle soup	Chicken Tom Yum noodle soup	Wonton Soup	Lemon and ginger steamed fish	Pork meatballs	Miso soup
	Main choice 2	Chicken Florentine	Poached chicken with soy and sesame	Roasted beef / herb bernaïse	Pickled pork/ mustard sauce	Fish of the day	Italian sausage	Pork, plum and ginger fried rice
	Served with	Mashed potato, Sesame greens	Carrot, rice, Carrot, beans	Sesame rice vinegar Cucumber, Mashed duo of potato and buttered peas	Braised cabbage and rice, Braised cabbage and rice	Buttered mash, green peas and carrots, chips / coleslaw	Rice, mixed veg, Mashed potato, peas	Rice, Roast potato, roast pumpkin and beans
	Dessert	Baked apple/ custard	Lemon magic cake	Stone fruit crostata	Nutmeg custard	Mango coconut pudding	Raspberries and cream	Chocolate mousse
Afternoon tea		Yum Cha / beef meatball	Fresh Fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	Potato and leek	Chicken noodle	Coconut pumpkin	Ham and bean	Green peas and fetta	Beef broth	Chicken and macaroni
	Main choice 1	Lemongrass lamb	Braised and caramelised fish	Caramelised pork and eggs	Kung Pao chicken stir fry	Spring rolls / noodles	Lemon crispy chicken	Aromatic beef curry
	Main choice 2	Fisherman's basket	Chicken tortellini	Carmelised pepper pork	Honey soy chicken	Mint and honey kebabs	Pork stir fry	Steak diane
	Served with	Cream mashed potato, Broccoli and carrots	Brussel sprouts, pumpkin and mashed potato	Green beans, carrot and mashed Potato	Asian green, mashed potato	Peas and carrot, ginger, mashed potato	Cauliflower and potato mash, broccoli	Potato, green peas and corn
	Dessert	Treacle	Peaches and cream	Pineapple ice cream	Cherry bars / chocolate ice cream	Eclairs	Plum and pear slice	Blueberry and mascarpone slice
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						



Hello

This is our Footscray menu.

 Royal Freemasons



		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		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Noodle soup / chicken, pork and egg	KFC chicken	Fish sauce chicken wings	Noodles w/ spring rolls	Ginger soy salmon	Combination soup	Crispy skin chicken
	Main choice 2	Beef lasagne	KFC chicken	Slow Roasted Lamb w/ lemon, garlic and rosemary	Mixed grill plate	Fish of the day	Traditional moussaka	Roast pork
	Served with	Golden potatoes and salad, Bechemel potato, roasted tomato (no skin) and zucchini	Chips and salad, Butter mash, beetroot and peas	Garlic butter potato, beans and broccoli, Sesame rice	Creamy mashed potato, pumpkin and zucchini, Pickled vegetables	Chips and mixed vegetables, Lemon	Lemon potato and beans, Rice	Potato, honey carrots and broccoli, Sesame cucumber and spice rice
	Dessert	Strawberry mango ice cream	Pavlova	Banana cream	Lemon meringue	Fruit jelly and whipped cream	Chocolate mousse pavlova nests	Lemon and blackberry frozen yoghurt slice
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Green minestrone w/ pesto	Potato and cheese	Hungarian cream of mushroom	Asian chicken noodle	Chicken and cauliflower	Carrot and lentil	Pumpkin
	Main choice 1	Chilli prawns	Cantonese beef	Orange chicken	Sticky mango pork	Chicken fried rice	Beef stew	Thai basil chicken
	Main choice 2	Seafood fried rice	Grilled chicken w/ mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Pork w/ katsu sauce	Grilled barramundi, lemon and herb
	Served with	Duo potato mash and peas	Creamy polenta, broccoli and corn	Sweet potato, cauliflower	Carrot, potato and broccoli	Cous Cous	Fragrant rice and Asian medley vegetables	Sweet potato mash and crushed peas
	Dessert	Ice cream	Chocolate mousse	Peach cobbler	Mixed berry tiramisu	Pear and sultana crumble	Mango mousse	Caramel apple Strudel
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray 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		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Chicken pho	Caramel pork	Prawn pho noodle	Firecracker Chicken	Lemon steamed fish	Tomato noodle soup	Five spice Chicken
	Main choice 2	Thai fish cake / Thai seafood sauce	Pork and pineapple yellow curry	Roast turkey roll / lemon mayonnaise	Corned beef	Fish of the day	Chicken Kiev	Roast beef
	Served with	Cabbage, potato and zucchini, Crunch salad / sesame dressing	Coconut rice,	Herb butter chat potato, corn and peas, Rice	Garlic butter-infused rice, Potato and cauliflower Green peas	Rice, Roasted smashed potato and mixed greens	Rice, Mashed potato, broccoli Carrots	Rice, Peas, pumpkin, roast potato
	Dessert	Chocolate magic cake	Berry lemon trifle	Sponge cake and fruit	Carrot cake	Chocolate cake	Ginger honey cake	Vanilla mango and raspberry slice
Afternoon tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	White bean and sausage	Broccoli and kale	Korma cauliflower	Rich creamy tomato and basil	Sweet potato and lentil	Chicken laksa	Pea and ham
	Main choice 1	Grilled pork chops	Braised fish	Penag beef curry	Grilled chicken and prawn	Moo shu pork	Phad Thai chicken	Noodle bowl
	Main choice 2	Chicken/ ratatoullie sauce	Steamed fish and ginger, spring onion	Swedish Meatballs	Lamb curry	Philly steak roll	Chicken curry	Poached chicken
	Served with	Wombok, carrot green bean	Lemon fragrant rice	Mashed potato, broccoli and carrots	Beetroot, potato and pumpkin	Mashed potato, sweet potato and peas	Zucchini, corn and potato	Peas, zucchini and corn
	Dessert	Pina colada lush slice	Baked chocolate cheesecake	Chocolate panna cotta	Strawberry cheesecake	Honey and coconut panna cotta	Vanilla mousse / blueberry sauce	Mixed berry mousse
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

This is our Footscray menu.



		Monday Nov 17	Tuesday Nov 18	Wednesday Nov 19	Thursday Nov 20	Friday Nov 21	Saturday Nov 22	Sunday Nov 23
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Chicken pho	Braised duck	Pork and prawn noodle soup	Chicken drumstick	Braised and caramelised fish	Beef pho	Prawn noodle pho
	Main choice 2	Meatloaf	Braised duck	Roast lemon chicken maryland	Beef Stroganoff	Fish of the day	Terriyaki pineapple baked chicken	Roast beef
	Served with	Potato gratin, peas and corn,	Rice, Mixed vegetables	Rice, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice, Potato, peas and pumpkin	Rice, Chilli mango pieces	Rice, Roast potato and veg medley
	Dessert	Sponge cake	Pavlova with cream and mixed Fruit	Strawberry jelly	Upside-down pineapple cake	Vanilla pannacotta peach jelly	Tirramisu	Summer pudding
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Broccoli	Split pea and mushroom	Minestrone	Beef vegetable	French onion	Pumpkin	Cream of vegetable
	Main choice 1	Hawaiian salmon / lemon Hollandaise	BBQ pork	Honey garlic chicken stir fry	Braisd pork belly and egg	Karaage Chicken	Spring rolls, noodles	San Choy Bow
	Main choice 2	Beef curry	Lamb curry	Pork curry	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	Served with	Cream mash, bean, carrots	Mash potato, peas and Bean	Hokkien noodles	Rice, corn, wombok	Roast vegetable mix	Mashed potato, peas, pumpkin	Vermicelli noodles
	Dessert	Apple strawberry crumble	Caramel mousse	Fruit and custard	Appricot pavlova	Chocolate pudding	Ice cream	Chocolate ripple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						



This is our Footscray 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		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Shrimp noodle soup	Seafood noodle soup	Chicken Tom Yum noodle soup	Wonton Soup	Lemon and ginger steamed fish	Pork meatballs	Miso soup
	Main choice 2	Chicken Florentine	Poached chicken with soy and sesame	Roasted beef / herb bernaise	Pickled pork/ mustard sauce	Fish of the day	Italian sausage	Pork, plum and ginger fried rice
	Served with	Mashed potato, Sesame greens	Carrot, rice, Carrot, beans	Sesame rice vinegar Cucumber, Mashed duo of potato and buttered peas	Braised cabbage and rice, Braised cabbage and rice	Buttered mash, green peas and carrots, chips / coleslaw	Rice, mixed veg, Mashed potato, peas	Rice, Roast potato,roast pumpkin and beans
	Dessert	Baked apple/ custard	Lemon magic cake	Stone fruit crostata	Nutmeg custard	Mango coconut pudding	Raspberries and cream	Chocolate mousse
Afternoon tea		Yum Cha / beef meatball	Fresh Fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	Potato and leek	Chicken noodle	Coconut pumpkin	Ham and bean	Green peas and fetta	Beef broth	Chicken and macaroni
	Main choice 1	Lemongrass lamb	Braised and caramelised fish	Caramelised pork and eggs	Kung Pao chicken stir fry	Spring rolls / noodles	Lemon crispy chicken	Aromatic beef curry
	Main choice 2	Fisherman's basket	Chicken tortellini	Carmelised pepper pork	Honey soy chicken	Mint and honey kebabs	Pork stir fry	Steak diane
	Served with	Cream mashed potato, Broccoli and carrots	Brussel sprouts, pumpkin and mashed potato	Green beans, carrot and mashed Potato	Asian green, mashed potato	Peas and carrot, ginger, mashed potato	Cauliflower and potato mash, broccoli	Potato, green peas and corn
	Dessert	Treacle	Peaches and cream	Pineapple ice cream	Cherry bars / chocolate ice cream	Eclairs	Plum and pear slice	Blueberry and mascarpone slice
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

Hello

This is our Footscray menu.



		Monday Dec 01	Tuesday Dec 02	Wednesday Dec 03	Thursday Dec 04	Friday Dec 05	Saturday Dec 06	Sunday Dec 07
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Noodle soup / chicken, pork and egg	KFC chicken	Fish sauce chicken wings	Noodles w/ spring rolls	Ginger soy salmon	Combination soup	Crispy skin chicken
	Main choice 2	Beef lasagne	KFC chicken	Slow Roasted Lamb w/ lemon, garlic and rosemary	Mixed grill plate	Fish of the day	Traditional moussaka	Roast pork
	Served with	Golden potatoes and salad, Bechemel potato, roasted tomato (no skin) and zucchini	Chips and salad, Butter mash, beetroot and peas	Garlic butter potato, beans and broccoli, Sesame rice	Creamy mashed potato, pumpkin and zucchini, Pickled vegetables	Chips and mixed vegetables, Lemon	Lemon potato and beans, Rice	Potato, honey carrots and broccoli, Sesame cucumber and spice rice
	Dessert	Strawberry mango ice cream	Pavlova	Banana cream	Lemon meringue	Fruit jelly and whipped cream	Chocolate mousse pavlova nests	Lemon and blackberry frozen yoghurt slice
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Green minestrone w/ pesto	Potato and cheese	Hungarian cream of mushroom	Asian chicken noodle	Chicken and cauliflower	Carrot and lentil	Pumpkin
	Main choice 1	Chilli prawns	Cantonese beef	Orange chicken	Sticky mango pork	Chicken fried rice	Beef stew	Thai basil chicken
	Main choice 2	Seafood fried rice	Grilled chicken w/ mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Pork w/ katsu sauce	Grilled barramundi, lemon and herb
	Served with	Duo potato mash and peas	Creamy polenta, broccoli and corn	Sweet potato, cauliflower	Carrot, potato and broccoli	Cous Cous	Fragrant rice and Asian medley vegetables	Sweet potato mash and crushed peas
	Dessert	Ice cream	Chocolate mousse	Peach cobbler	Mixed berry tiramisu	Pear and sultana crumble	Mango mousse	Caramel apple Strudel
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray menu.



		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		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Chicken pho	Caramel pork	Prawn pho noodle	Firecracker Chicken	Lemon steamed fish	Tomato noodle soup	Five spice Chicken
	Main choice 2	Thai fish cake / Thai seafood sauce	Pork and pineapple yellow curry	Roast turkey roll / lemon mayonnaise	Corned beef	Fish of the day	Chicken Kiev	Roast beef
	Served with	Cabbage, potato and zucchini, Crunch salad / sesame dressing	Coconut rice,	Herb butter chat potato, corn and peas, Rice	Garlic butter-infused rice, Potato and cauliflower Green peas	Rice, Roasted smashed potato and mixed greens	Rice, Mashed potato, broccoli Carrots	Rice, Peas, pumpkin, roast potato
	Dessert	Chocolate magic cake	Berry lemon trifle	Sponge cake and fruit	Carrot cake	Chocolate cake	Ginger honey cake	Vanilla mango and raspberry slice
Afternoon tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	White bean and sausage	Broccoli and kale	Korma cauliflower	Rich creamy tomato and basil	Sweet potato and lentil	Chicken laksa	Pea and ham
	Main choice 1	Grilled pork chops	Braised fish	Penag beef curry	Grilled chicken and prawn	Moo shu pork	Phad Thai chicken	Noodle bowl
	Main choice 2	Chicken/ ratatoullie sauce	Steamed fish and ginger, spring onion	Swedish Meatballs	Lamb curry	Philly steak roll	Chicken curry	Poached chicken
	Served with	Wombok, carrot green bean	Lemon fragrant rice	Mashed potato, broccoli and carrots	Beetroot, potato and pumpkin	Mashed potato, sweet potato and peas	Zucchini, corn and potato	Peas, zucchini and corn
	Dessert	Pina colada lush slice	Baked chocolate cheesecake	Chocolate panna cotta	Strawberry cheesecake	Honey and coconut panna cotta	Vanilla mousse / blueberry sauce	Mixed berry mousse
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

This is our Footscray menu.



		Monday Dec 15	Tuesday Dec 16	Wednesday Dec 17	Thursday Dec 18	Friday Dec 19	Saturday Dec 20	Sunday Dec 21
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Chicken pho	Braised duck	Pork and prawn noodle soup	Chicken drumstick	Braised and caramelised fish	Beef pho	Prawn noodle pho
	Main choice 2	Meatloaf	Braised duck	Roast lemon chicken maryland	Beef Stroganoff	Fish of the day	Terriyaki pineapple baked chicken	Roast beef
	Served with	Potato gratin, peas and corn,	Rice, Mixed vegetables	Rice, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice, Potato, peas and pumpkin	Rice, Chilli mango pieces	Rice, Roast potato and veg medley
	Dessert	Sponge cake	Pavlova with cream and mixed Fruit	Strawberry jelly	Upside-down pineapple cake	Vanilla pannacotta peach jelly	Tirramisu	Summer pudding
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Broccoli	Split pea and mushroom	Minestrone	Beef vegetable	French onion	Pumpkin	Cream of vegetable
	Main choice 1	Hawaiian salmon / lemon Hollandaise	BBQ pork	Honey garlic chicken stir fry	Braisd pork belly and egg	Karaage Chicken	Spring rolls, noodles	San Choy Bow
	Main choice 2	Beef curry	Lamb curry	Pork curry	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	Served with	Cream mash, bean, carrots	Mash potato, peas and Bean	Hokkien noodles	Rice, corn, wombok	Roast vegetable mix	Mashed potato, peas, pumpkin	Vermicelli noodles
	Dessert	Apple strawberry crumble	Caramel mousse	Fruit and custard	Appricot pavlova	Chocolate pudding	Ice cream	Chocolate ripple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray 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		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Shrimp noodle soup	Seafood noodle soup	Chicken Tom Yum noodle soup	Wonton Soup	Lemon and ginger steamed fish	Pork meatballs	Miso soup
	Main choice 2	Chicken Florentine	Poached chicken with soy and sesame	Roasted beef / herb bernaïse	Pickled pork/ mustard sauce	Fish of the day	Italian sausage	Pork, plum and ginger fried rice
	Served with	Mashed potato, Sesame greens	Carrot, rice, Carrot, beans	Sesame rice vinegar Cucumber, Mashed duo of potato and buttered peas	Braised cabbage and rice, Braised cabbage and rice	Buttered mash, green peas and carrots, chips / coleslaw	Rice, mixed veg, Mashed potato, peas	Rice, Roast potato, roast pumpkin and beans
	Dessert	Baked apple/ custard	Lemon magic cake	Stone fruit crostata	Nutmeg custard	Mango coconut pudding	Raspberries and cream	Chocolate mousse
Afternoon tea		Yum Cha / beef meatball	Fresh Fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	Potato and leek	Chicken noodle	Coconut pumpkin	Ham and bean	Green peas and fetta	Beef broth	Chicken and macaroni
	Main choice 1	Lemongrass lamb	Braised and caramelised fish	Caramelised pork and eggs	Kung Pao chicken stir fry	Spring rolls / noodles	Lemon crispy chicken	Aromatic beef curry
	Main choice 2	Fisherman's basket	Chicken tortellini	Carmelised pepper pork	Honey soy chicken	Mint and honey kebabs	Pork stir fry	Steak diane
	Served with	Cream mashed potato, Broccoli and carrots	Brussel sprouts, pumpkin and mashed potato	Green beans, carrot and mashed Potato	Asian green, mashed potato	Peas and carrot, ginger, mashed potato	Cauliflower and potato mash, broccoli	Potato, green peas and corn
	Dessert	Treacle	Peaches and cream	Pineapple ice cream	Cherry bars / chocolate ice cream	Eclairs	Plum and pear slice	Blueberry and mascarpone slice
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						



Hello

This is our Footscray menu.

 Royal Freemasons



		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		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Noodle soup / chicken, pork and egg	KFC chicken	Fish sauce chicken wings	Noodles w/ spring rolls	Ginger soy salmon	Combination soup	Crispy skin chicken
	Main choice 2	Beef lasagne	KFC chicken	Slow Roasted Lamb w/ lemon, garlic and rosemary	Mixed grill plate	Fish of the day	Traditional moussaka	Roast pork
	Served with	Golden potatoes and salad, Bechemel potato, roasted tomato (no skin) and zucchini	Chips and salad, Butter mash, beetroot and peas	Garlic butter potato, beans and broccoli, Sesame rice	Creamy mashed potato, pumpkin and zucchini, Pickled vegetables	Chips and mixed vegetables, Lemon	Lemon potato and beans, Rice	Potato, honey carrots and broccoli, Sesame cucumber and spice rice
	Dessert	Strawberry mango ice cream	Pavlova	Banana cream	Lemon meringue	Fruit jelly and whipped cream	Chocolate mousse pavlova nests	Lemon and blackberry frozen yoghurt slice
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Green minestrone w/ pesto	Potato and cheese	Hungarian cream of mushroom	Asian chicken noodle	Chicken and cauliflower	Carrot and lentil	Pumpkin
	Main choice 1	Chilli prawns	Cantonese beef	Orange chicken	Sticky mango pork	Chicken fried rice	Beef stew	Thai basil chicken
	Main choice 2	Seafood fried rice	Grilled chicken w/ mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Pork w/ katsu sauce	Grilled barramundi, lemon and herb
	Served with	Duo potato mash and peas	Creamy polenta, broccoli and corn	Sweet potato, cauliflower	Carrot, potato and broccoli	Cous Cous	Fragrant rice and Asian medley vegetables	Sweet potato mash and crushed peas
	Dessert	Ice cream	Chocolate mousse	Peach cobbler	Mixed berry tiramisu	Pear and sultana crumble	Mango mousse	Caramel apple Strudel
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray 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		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Chicken pho	Caramel pork	Prawn pho noodle	Firecracker Chicken	Lemon steamed fish	Tomato noodle soup	Five spice Chicken
	Main choice 2	Thai fish cake / Thai seafood sauce	Pork and pineapple yellow curry	Roast turkey roll / lemon mayonnaise	Corned beef	Fish of the day	Chicken Kiev	Roast beef
	Served with	Cabbage, potato and zucchini, Crunch salad / sesame dressing	Coconut rice,	Herb butter chat potato, corn and peas, Rice	Garlic butter-infused rice, Potato and cauliflower Green peas	Rice, Roasted smashed potato and mixed greens	Rice, Mashed potato, broccoli Carrots	Rice, Peas, pumpkin, roast potato
	Dessert	Chocolate magic cake	Berry lemon trifle	Sponge cake and fruit	Carrot cake	Chocolate cake	Ginger honey cake	Vanilla mango and raspberry slice
Afternoon tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	White bean and sausage	Broccoli and kale	Korma cauliflower	Rich creamy tomato and basil	Sweet potato and lentil	Chicken laksa	Pea and ham
	Main choice 1	Grilled pork chops	Braised fish	Penag beef curry	Grilled chicken and prawn	Moo shu pork	Phad Thai chicken	Noodle bowl
	Main choice 2	Chicken/ ratatoullie sauce	Steamed fish and ginger, spring onion	Swedish Meatballs	Lamb curry	Philly steak roll	Chicken curry	Poached chicken
	Served with	Wombok, carrot green bean	Lemon fragrant rice	Mashed potato, broccoli and carrots	Beetroot, potato and pumpkin	Mashed potato, sweet potato and peas	Zucchini, corn and potato	Peas, zucchini and corn
	Dessert	Pina colada lush slice	Baked chocolate cheesecake	Chocolate panna cotta	Strawberry cheesecake	Honey and coconut panna cotta	Vanilla mousse / blueberry sauce	Mixed berry mousse
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

This is our Footscray menu.



		Monday Jan 12	Tuesday Jan 13	Wednesday Jan 14	Thursday Jan 15	Friday Jan 16	Saturday Jan 17	Sunday Jan 18
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Chicken pho	Braised duck	Pork and prawn noodle soup	Chicken drumstick	Braised and caramelised fish	Beef pho	Prawn noodle pho
	Main choice 2	Meatloaf	Braised duck	Roast lemon chicken maryland	Beef Stroganoff	Fish of the day	Terriyaki pineapple baked chicken	Roast beef
	Served with	Potato gratin, peas and corn,	Rice, Mixed vegetables	Rice, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice, Potato, peas and pumpkin	Rice, Chilli mango pieces	Rice, Roast potato and veg medley
	Dessert	Sponge cake	Pavlova with cream and mixed Fruit	Strawberry jelly	Upside-down pineapple cake	Vanilla pannacotta peach jelly	Tirramisu	Summer pudding
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Broccoli	Split pea and mushroom	Minestrone	Beef vegetable	French onion	Pumpkin	Cream of vegetable
	Main choice 1	Hawaiian salmon / lemon Hollandaise	BBQ pork	Honey garlic chicken stir fry	Braisd pork belly and egg	Karaage Chicken	Spring rolls, noodles	San Choy Bow
	Main choice 2	Beef curry	Lamb curry	Pork curry	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	Served with	Cream mash, bean, carrots	Mash potato, peas and Bean	Hokkien noodles	Rice, corn, wombok	Roast vegetable mix	Mashed potato, peas, pumpkin	Vermicelli noodles
	Dessert	Apple strawberry crumble	Caramel mousse	Fruit and custard	Appricot pavlova	Chocolate pudding	Ice cream	Chocolate ripple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray menu.



		Monday Jan 19	Tuesday Jan 20	Wednesday Jan 21	Thursday Jan 22	Friday Jan 23	Saturday Jan 24	Sunday Jan 25
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Shrimp noodle soup	Seafood noodle soup	Chicken Tom Yum noodle soup	Wonton Soup	Lemon and ginger steamed fish	Pork meatballs	Miso soup
	Main choice 2	Chicken Florentine	Poached chicken with soy and sesame	Roasted beef / herb bernaise	Pickled pork/ mustard sauce	Fish of the day	Italian sausage	Pork, plum and ginger fried rice
	Served with	Mashed potato, Sesame greens	Carrot, rice, Carrot, beans	Sesame rice vinegar Cucumber, Mashed duo of potato and buttered peas	Braised cabbage and rice, Braised cabbage and rice	Buttered mash, green peas and carrots, chips / coleslaw	Rice, mixed veg, Mashed potato, peas	Rice, Roast potato,roast pumpkin and beans
	Dessert	Baked apple/ custard	Lemon magic cake	Stone fruit crostata	Nutmeg custard	Mango coconut pudding	Raspberries and cream	Chocolate mousse
Afternoon tea		Yum Cha / beef meatball	Fresh Fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	Potato and leek	Chicken noodle	Coconut pumpkin	Ham and bean	Green peas and fetta	Beef broth	Chicken and macaroni
	Main choice 1	Lemongrass lamb	Braised and caramelised fish	Caramelised pork and eggs	Kung Pao chicken stir fry	Spring rolls / noodles	Lemon crispy chicken	Aromatic beef curry
	Main choice 2	Fisherman's basket	Chicken tortellini	Carmelised pepper pork	Honey soy chicken	Mint and honey kebabs	Pork stir fry	Steak diane
	Served with	Cream mashed potato, Broccoli and carrots	Brussel sprouts, pumpkin and mashed potato	Green beans, carrot and mashed Potato	Asian green, mashed potato	Peas and carrot, ginger, mashed potato	Cauliflower and potato mash, broccoli	Potato, green peas and corn
	Dessert	Treacle	Peaches and cream	Pineapple ice cream	Cherry bars / chocolate ice cream	Eclairs	Plum and pear slice	Blueberry and mascarpone slice
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

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This is our Footscray menu.

 Royal Freemasons



		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		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Noodle soup / chicken, pork and egg	KFC chicken	Fish sauce chicken wings	Noodles w/ spring rolls	Ginger soy salmon	Combination soup	Crispy skin chicken
	Main choice 2	Beef lasagne	KFC chicken	Slow Roasted Lamb w/ lemon, garlic and rosemary	Mixed grill plate	Fish of the day	Traditional moussaka	Roast pork
	Served with	Golden potatoes and salad, Bechemel potato, roasted tomato (no skin) and zucchini	Chips and salad, Butter mash, beetroot and peas	Garlic butter potato, beans and broccoli, Sesame rice	Creamy mashed potato, pumpkin and zucchini, Pickled vegetables	Chips and mixed vegetables, Lemon	Lemon potato and beans, Rice	Potato, honey carrots and broccoli, Sesame cucumber and spice rice
	Dessert	Strawberry mango ice cream	Pavlova	Banana cream	Lemon meringue	Fruit jelly and whipped cream	Chocolate mousse pavlova nests	Lemon and blackberry frozen yoghurt slice
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Green minestrone w/ pesto	Potato and cheese	Hungarian cream of mushroom	Asian chicken noodle	Chicken and cauliflower	Carrot and lentil	Pumpkin
	Main choice 1	Chilli prawns	Cantonese beef	Orange chicken	Sticky mango pork	Chicken fried rice	Beef stew	Thai basil chicken
	Main choice 2	Seafood fried rice	Grilled chicken w/ mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Pork w/ katsu sauce	Grilled barramundi, lemon and herb
	Served with	Duo potato mash and peas	Creamy polenta, broccoli and corn	Sweet potato, cauliflower	Carrot, potato and broccoli	Cous Cous	Fragrant rice and Asian medley vegetables	Sweet potato mash and crushed peas
	Dessert	Ice cream	Chocolate mousse	Peach cobbler	Mixed berry tiramisu	Pear and sultana crumble	Mango mousse	Caramel apple Strudel
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						



This is our Footscray menu.



		Monday Feb 02	Tuesday Feb 03	Wednesday Feb 04	Thursday Feb 05	Friday Feb 06	Saturday Feb 07	Sunday Feb 08
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Chicken pho	Caramel pork	Prawn pho noodle	Firecracker Chicken	Lemon steamed fish	Tomato noodle soup	Five spice Chicken
	Main choice 2	Thai fish cake / Thai seafood sauce	Pork and pineapple yellow curry	Roast turkey roll / lemon mayonnaise	Corned beef	Fish of the day	Chicken Kiev	Roast beef
	Served with	Cabbage, potato and zucchini, Crunch salad / sesame dressing	Coconut rice,	Herb butter chat potato, corn and peas, Rice	Garlic butter-infused rice, Potato and cauliflower Green peas	Rice, Roasted smashed potato and mixed greens	Rice, Mashed potato, broccoli Carrots	Rice, Peas, pumpkin, roast potato
	Dessert	Chocolate magic cake	Berry lemon trifle	Sponge cake and fruit	Carrot cake	Chocolate cake	Ginger honey cake	Vanilla mango and raspberry slice
Afternoon tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	White bean and sausage	Broccoli and kale	Korma cauliflower	Rich creamy tomato and basil	Sweet potato and lentil	Chicken laksa	Pea and ham
	Main choice 1	Grilled pork chops	Braised fish	Penag beef curry	Grilled chicken and prawn	Moo shu pork	Phad Thai chicken	Noodle bowl
	Main choice 2	Chicken/ ratatoullie sauce	Steamed fish and ginger, spring onion	Swedish Meatballs	Lamb curry	Philly steak roll	Chicken curry	Poached chicken
	Served with	Wombok, carrot green bean	Lemon fragrant rice	Mashed potato, broccoli and carrots	Beetroot, potato and pumpkin	Mashed potato, sweet potato and peas	Zucchini, corn and potato	Peas, zucchini and corn
	Dessert	Pina colada lush slice	Baked chocolate cheesecake	Chocolate panna cotta	Strawberry cheesecake	Honey and coconut panna cotta	Vanilla mousse / blueberry sauce	Mixed berry mousse
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

This is our Footscray menu.



		Monday Feb 09	Tuesday Feb 10	Wednesday Feb 11	Thursday Feb 12	Friday Feb 13	Saturday Feb 14	Sunday Feb 15
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Chicken pho	Braised duck	Pork and prawn noodle soup	Chicken drumstick	Braised and caramelised fish	Beef pho	Prawn noodle pho
	Main choice 2	Meatloaf	Braised duck	Roast lemon chicken maryland	Beef Stroganoff	Fish of the day	Terriyaki pineapple baked chicken	Roast beef
	Served with	Potato gratin, peas and corn,	Rice, Mixed vegetables	Rice, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice, Potato, peas and pumpkin	Rice, Chilli mango pieces	Rice, Roast potato and veg medley
	Dessert	Sponge cake	Pavlova with cream and mixed Fruit	Strawberry jelly	Upside-down pineapple cake	Vanilla pannacotta peach jelly	Tirramisu	Summer pudding
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Broccoli	Split pea and mushroom	Minestrone	Beef vegetable	French onion	Pumpkin	Cream of vegetable
	Main choice 1	Hawaiian salmon / lemon Hollandaise	BBQ pork	Honey garlic chicken stir fry	Braisd pork belly and egg	Karaage Chicken	Spring rolls, noodles	San Choy Bow
	Main choice 2	Beef curry	Lamb curry	Pork curry	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	Served with	Cream mash, bean, carrots	Mash potato, peas and Bean	Hokkien noodles	Rice, corn, wombok	Roast vegetable mix	Mashed potato, peas, pumpkin	Vermicelli noodles
	Dessert	Apple strawberry crumble	Caramel mousse	Fruit and custard	Appricot pavlova	Chocolate pudding	Ice cream	Chocolate ripple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray menu.



		Monday Feb 16	Tuesday Feb 17	Wednesday Feb 18	Thursday Feb 19	Friday Feb 20	Saturday Feb 21	Sunday Feb 22
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Shrimp noodle soup	Seafood noodle soup	Chicken Tom Yum noodle soup	Wonton Soup	Lemon and ginger steamed fish	Pork meatballs	Miso soup
	Main choice 2	Chicken Florentine	Poached chicken with soy and sesame	Roasted beef / herb bernaïse	Pickled pork/ mustard sauce	Fish of the day	Italian sausage	Pork, plum and ginger fried rice
	Served with	Mashed potato, Sesame greens	Carrot, rice, Carrot, beans	Sesame rice vinegar Cucumber, Mashed duo of potato and buttered peas	Braised cabbage and rice, Braised cabbage and rice	Buttered mash, green peas and carrots, chips / coleslaw	Rice, mixed veg, Mashed potato, peas	Rice, Roast potato, roast pumpkin and beans
	Dessert	Baked apple/ custard	Lemon magic cake	Stone fruit crostata	Nutmeg custard	Mango coconut pudding	Raspberries and cream	Chocolate mousse
Afternoon tea		Yum Cha / beef meatball	Fresh Fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	Potato and leek	Chicken noodle	Coconut pumpkin	Ham and bean	Green peas and fetta	Beef broth	Chicken and macaroni
	Main choice 1	Lemongrass lamb	Braised and caramelised fish	Caramelised pork and eggs	Kung Pao chicken stir fry	Spring rolls / noodles	Lemon crispy chicken	Aromatic beef curry
	Main choice 2	Fisherman's basket	Chicken tortellini	Carmelised pepper pork	Honey soy chicken	Mint and honey kebabs	Pork stir fry	Steak diane
	Served with	Cream mashed potato, Broccoli and carrots	Brussel sprouts, pumpkin and mashed potato	Green beans, carrot and mashed Potato	Asian green, mashed potato	Peas and carrot, ginger, mashed potato	Cauliflower and potato mash, broccoli	Potato, green peas and corn
	Dessert	Treacle	Peaches and cream	Pineapple ice cream	Cherry bars / chocolate ice cream	Eclairs	Plum and pear slice	Blueberry and mascarpone slice
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray 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		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Noodle soup / chicken, pork and egg	KFC chicken	Fish sauce chicken wings	Noodles w/ spring rolls	Ginger soy salmon	Combination soup	Crispy skin chicken
	Main choice 2	Beef lasagne	KFC chicken	Slow Roasted Lamb w/ lemon, garlic and rosemary	Mixed grill plate	Fish of the day	Traditional moussaka	Roast pork
	Served with	Golden potatoes and salad, Bechemel potato, roasted tomato (no skin) and zucchini	Chips and salad, Butter mash, beetroot and peas	Garlic butter potato, beans and broccoli, Sesame rice	Creamy mashed potato, pumpkin and zucchini, Pickled vegetables	Chips and mixed vegetables, Lemon	Lemon potato and beans, Rice	Potato, honey carrots and broccoli, Sesame cucumber and spice rice
	Dessert	Strawberry mango ice cream	Pavlova	Banana cream	Lemon meringue	Fruit jelly and whipped cream	Chocolate mousse pavlova nests	Lemon and blackberry frozen yoghurt slice
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Green minestrone w/ pesto	Potato and cheese	Hungarian cream of mushroom	Asian chicken noodle	Chicken and cauliflower	Carrot and lentil	Pumpkin
	Main choice 1	Chilli prawns	Cantonese beef	Orange chicken	Sticky mango pork	Chicken fried rice	Beef stew	Thai basil chicken
	Main choice 2	Seafood fried rice	Grilled chicken w/ mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Pork w/ katsu sauce	Grilled barramundi, lemon and herb
	Served with	Duo potato mash and peas	Creamy polenta, broccoli and corn	Sweet potato, cauliflower	Carrot, potato and broccoli	Cous Cous	Fragrant rice and Asian medley vegetables	Sweet potato mash and crushed peas
	Dessert	Ice cream	Chocolate mousse	Peach cobbler	Mixed berry tiramisu	Pear and sultana crumble	Mango mousse	Caramel apple Strudel
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray menu.



		Monday Mar 02	Tuesday Mar 03	Wednesday Mar 04	Thursday Mar 05	Friday Mar 06	Saturday Mar 07	Sunday Mar 08
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Chicken pho	Caramel pork	Prawn pho noodle	Firecracker Chicken	Lemon steamed fish	Tomato noodle soup	Five spice Chicken
	Main choice 2	Thai fish cake / Thai seafood sauce	Pork and pineapple yellow curry	Roast turkey roll / lemon mayonnaise	Corned beef	Fish of the day	Chicken Kiev	Roast beef
	Served with	Cabbage, potato and zucchini, Crunch salad / sesame dressing	Coconut rice,	Herb butter chat potato, corn and peas, Rice	Garlic butter-infused rice, Potato and cauliflower Green peas	Rice, Roasted smashed potato and mixed greens	Rice, Mashed potato, broccoli Carrots	Rice, Peas, pumpkin, roast potato
	Dessert	Chocolate magic cake	Berry lemon trifle	Sponge cake and fruit	Carrot cake	Chocolate cake	Ginger honey cake	Vanilla mango and raspberry slice
Afternoon tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	White bean and sausage	Broccoli and kale	Korma cauliflower	Rich creamy tomato and basil	Sweet potato and lentil	Chicken laksa	Pea and ham
	Main choice 1	Grilled pork chops	Braised fish	Penag beef curry	Grilled chicken and prawn	Moo shu pork	Phad Thai chicken	Noodle bowl
	Main choice 2	Chicken/ ratatoullie sauce	Steamed fish and ginger, spring onion	Swedish Meatballs	Lamb curry	Philly steak roll	Chicken curry	Poached chicken
	Served with	Wombok, carrot green bean	Lemon fragrant rice	Mashed potato, broccoli and carrots	Beetroot, potato and pumpkin	Mashed potato, sweet potato and peas	Zucchini, corn and potato	Peas, zucchini and corn
	Dessert	Pina colada lush slice	Baked chocolate cheesecake	Chocolate panna cotta	Strawberry cheesecake	Honey and coconut panna cotta	Vanilla mousse / blueberry sauce	Mixed berry mousse
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						



This is our Footscray menu.



		Monday Mar 09	Tuesday Mar 10	Wednesday Mar 11	Thursday Mar 12	Friday Mar 13	Saturday Mar 14	Sunday Mar 15
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Chicken pho	Braised duck	Pork and prawn noodle soup	Chicken drumstick	Braised and caramelised fish	Beef pho	Prawn noodle pho
	Main choice 2	Meatloaf	Braised duck	Roast lemon chicken maryland	Beef Stroganoff	Fish of the day	Terriyaki pineapple baked chicken	Roast beef
	Served with	Potato gratin, peas and corn,	Rice, Mixed vegetables	Rice, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice, Potato, peas and pumpkin	Rice, Chilli mango pieces	Rice, Roast potato and veg medley
	Dessert	Sponge cake	Pavlova with cream and mixed Fruit	Strawberry jelly	Upside-down pineapple cake	Vanilla pannacotta peach jelly	Tirramisu	Summer pudding
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Broccoli	Split pea and mushroom	Minestrone	Beef vegetable	French onion	Pumpkin	Cream of vegetable
	Main choice 1	Hawaiian salmon / lemon Hollandaise	BBQ pork	Honey garlic chicken stir fry	Braisd pork belly and egg	Karaage Chicken	Spring rolls, noodles	San Choy Bow
	Main choice 2	Beef curry	Lamb curry	Pork curry	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	Served with	Cream mash, bean, carrots	Mash potato, peas and Bean	Hokkien noodles	Rice, corn, wombok	Roast vegetable mix	Mashed potato, peas, pumpkin	Vermicelli noodles
	Dessert	Apple strawberry crumble	Caramel mousse	Fruit and custard	Appricot pavlova	Chocolate pudding	Ice cream	Chocolate ripple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray menu.



		Monday Mar 16	Tuesday Mar 17	Wednesday Mar 18	Thursday Mar 19	Friday Mar 20	Saturday Mar 21	Sunday Mar 22
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Shrimp noodle soup	Seafood noodle soup	Chicken Tom Yum noodle soup	Wonton Soup	Lemon and ginger steamed fish	Pork meatballs	Miso soup
	Main choice 2	Chicken Florentine	Poached chicken with soy and sesame	Roasted beef / herb bernaise	Pickled pork/ mustard sauce	Fish of the day	Italian sausage	Pork, plum and ginger fried rice
	Served with	Mashed potato, Sesame greens	Carrot, rice, Carrot, beans	Sesame rice vinegar Cucumber, Mashed duo of potato and buttered peas	Braised cabbage and rice, Braised cabbage and rice	Buttered mash, green peas and carrots, chips / coleslaw	Rice, mixed veg, Mashed potato, peas	Rice, Roast potato, roast pumpkin and beans
	Dessert	Baked apple/ custard	Lemon magic cake	Stone fruit crostata	Nutmeg custard	Mango coconut pudding	Raspberries and cream	Chocolate mousse
Afternoon tea		Yum Cha / beef meatball	Fresh Fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	Potato and leek	Chicken noodle	Coconut pumpkin	Ham and bean	Green peas and fetta	Beef broth	Chicken and macaroni
	Main choice 1	Lemongrass lamb	Braised and caramelised fish	Caramelised pork and eggs	Kung Pao chicken stir fry	Spring rolls / noodles	Lemon crispy chicken	Aromatic beef curry
	Main choice 2	Fisherman's basket	Chicken tortellini	Carmelised pepper pork	Honey soy chicken	Mint and honey kebabs	Pork stir fry	Steak diane
	Served with	Cream mashed potato, Broccoli and carrots	Brussel sprouts, pumpkin and mashed potato	Green beans, carrot and mashed Potato	Asian green, mashed potato	Peas and carrot, ginger, mashed potato	Cauliflower and potato mash, broccoli	Potato, green peas and corn
	Dessert	Treacle	Peaches and cream	Pineapple ice cream	Cherry bars / chocolate ice cream	Eclairs	Plum and pear slice	Blueberry and mascarpone slice
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

Hello

This is our Footscray menu.

 Royal Freemasons



		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		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Noodle soup / chicken, pork and egg	KFC chicken	Fish sauce chicken wings	Noodles w/ spring rolls	Ginger soy salmon	Combination soup	Crispy skin chicken
	Main choice 2	Beef lasagne	KFC chicken	Slow Roasted Lamb w/ lemon, garlic and rosemary	Mixed grill plate	Fish of the day	Traditional moussaka	Roast pork
	Served with	Golden potatoes and salad, Bechemel potato, roasted tomato (no skin) and zucchini	Chips and salad, Butter mash, beetroot and peas	Garlic butter potato, beans and broccoli, Sesame rice	Creamy mashed potato, pumpkin and zucchini, Pickled vegetables	Chips and mixed vegetables, Lemon	Lemon potato and beans, Rice	Potato, honey carrots and broccoli, Sesame cucumber and spice rice
	Dessert	Strawberry mango ice cream	Pavlova	Banana cream	Lemon meringue	Fruit jelly and whipped cream	Chocolate mousse pavlova nests	Lemon and blackberry frozen yoghurt slice
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Green minestrone w/ pesto	Potato and cheese	Hungarian cream of mushroom	Asian chicken noodle	Chicken and cauliflower	Carrot and lentil	Pumpkin
	Main choice 1	Chilli prawns	Cantonese beef	Orange chicken	Sticky mango pork	Chicken fried rice	Beef stew	Thai basil chicken
	Main choice 2	Seafood fried rice	Grilled chicken w/ mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Pork w/ katsu sauce	Grilled barramundi, lemon and herb
	Served with	Duo potato mash and peas	Creamy polenta, broccoli and corn	Sweet potato, cauliflower	Carrot, potato and broccoli	Cous Cous	Fragrant rice and Asian medley vegetables	Sweet potato mash and crushed peas
	Dessert	Ice cream	Chocolate mousse	Peach cobbler	Mixed berry tiramisu	Pear and sultana crumble	Mango mousse	Caramel apple Strudel
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						

This is our Footscray menu.



		Monday Mar 30	Tuesday Mar 31	Wednesday Apr 01	Thursday Apr 02	Friday Apr 03	Saturday Apr 04	Sunday Apr 05
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Lunch	Main choice 1	Chicken pho	Caramel pork	Prawn pho noodle	Firecracker Chicken	Lemon steamed fish	Tomato noodle soup	Five spice Chicken
	Main choice 2	Thai fish cake / Thai seafood sauce	Pork and pineapple yellow curry	Roast turkey roll / lemon mayonnaise	Corned beef	Fish of the day	Chicken Kiev	Roast beef
	Served with	Cabbage, potato and zucchini, Crunch salad / sesame dressing	Coconut rice,	Herb butter chat potato, corn and peas, Rice	Garlic butter-infused rice, Potato and cauliflower Green peas	Rice, Roasted smashed potato and mixed greens	Rice, Mashed potato, broccoli Carrots	Rice, Peas, pumpkin, roast potato
	Dessert	Chocolate magic cake	Berry lemon trifle	Sponge cake and fruit	Carrot cake	Chocolate cake	Ginger honey cake	Vanilla mango and raspberry slice
Afternoon tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Dinner	Soup	White bean and sausage	Broccoli and kale	Korma cauliflower	Rich creamy tomato and basil	Sweet potato and lentil	Chicken laksa	Pea and ham
	Main choice 1	Grilled pork chops	Braised fish	Penag beef curry	Grilled chicken and prawn	Moo shu pork	Phad Thai chicken	Noodle bowl
	Main choice 2	Chicken/ ratatoullie sauce	Steamed fish and ginger, spring onion	Swedish Meatballs	Lamb curry	Philly steak roll	Chicken curry	Poached chicken
	Served with	Wombok, carrot green bean	Lemon fragrant rice	Mashed potato, broccoli and carrots	Beetroot, potato and pumpkin	Mashed potato, sweet potato and peas	Zucchini, corn and potato	Peas, zucchini and corn
	Dessert	Pina colada lush slice	Baked chocolate cheesecake	Chocolate panna cotta	Strawberry cheesecake	Honey and coconut panna cotta	Vanilla mousse / blueberry sauce	Mixed berry mousse
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

This is our Footscray menu.



		Monday Apr 06	Tuesday Apr 07	Wednesday Apr 08	Thursday Apr 09	Friday Apr 10	Saturday Apr 11	Sunday Apr 12
Breakfast		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks. Cooked breakfast provided twice per week.						
Morning tea		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
Lunch	Main choice 1	Chicken pho	Braised duck	Pork and prawn noodle soup	Chicken drumstick	Braised and caramelised fish	Beef pho	Prawn noodle pho
	Main choice 2	Meatloaf	Braised duck	Roast lemon chicken maryland	Beef Stroganoff	Fish of the day	Terriyaki pineapple baked chicken	Roast beef
	Served with	Potato gratin, peas and corn,	Rice, Mixed vegetables	Rice, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice, Potato, peas and pumpkin	Rice, Chilli mango pieces	Rice, Roast potato and veg medley
	Dessert	Sponge cake	Pavlova with cream and mixed Fruit	Strawberry jelly	Upside-down pineapple cake	Vanilla pannacotta peach jelly	Tirramisu	Summer pudding
Afternoon tea		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
Dinner	Soup	Broccoli	Split pea and mushroom	Minestrone	Beef vegetable	French onion	Pumpkin	Cream of vegetable
	Main choice 1	Hawaiian salmon / lemon Hollandaise	BBQ pork	Honey garlic chicken stir fry	Braisd pork belly and egg	Karaage Chicken	Spring rolls, noodles	San Choy Bow
	Main choice 2	Beef curry	Lamb curry	Pork curry	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	Served with	Cream mash, bean, carrots	Mash potato, peas and Bean	Hokkien noodles	Rice, corn, wombok	Roast vegetable mix	Mashed potato, peas, pumpkin	Vermicelli noodles
	Dessert	Apple strawberry crumble	Caramel mousse	Fruit and custard	Appricot pavlova	Chocolate pudding	Ice cream	Chocolate ripple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches						