

Hello

This is our Coppin Suites menu.



		Monday Apr 13	Tuesday Apr 14	Wednesday Apr 15	Thursday Apr 16	Friday Apr 17	Saturday Apr 18	Sunday Apr 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		Choc cookies	Coffee and walnut cake	Scones	Yoghurt cake	Bacon and cheese frittata	Banana muffins	Lemon and coconut cake
Lunch	Main choice 1	Poached salmon with dill sauce	Lamb shank casserole	Multicultural food day	Pork roast with apple sauce	Fish	Corned beef with creamy mustard sauce, mash and roasted vegetables	Sunday roast: lamb
	Main choice 2	Vegetable and lentil pie	Veggie burgers with cheese	Cheesy spinach and ricotta bake	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties with cheese and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	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, Buttery mixed veg	Creamy potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon meringue	Apple and berry crumble	Tiramisu	Warm orange cake	Treacle pudding with ginger	Chocolate 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	Beef and barley	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne, garlic bread, garden salad	Satay chicken, rice, carrot and Zucchini	Fish bites, chips, salad	Mild lamb curry, rice, pumpkin and beans	Meatloaf, mash, peas and sweet potato	Sweet and sour pork, egg and veg fried rice	Chicken tenders, sweet potato mash, beans and carrot
	Main choice 2	Tofu and vegetable stir fry	Cheesy vegetable stack	Croissant - various fillings available	Quiche	Cheesy vegetable 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	Pannacotta	Stewed Apricots and warm Custard
Supper		Selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Apr 20	Tuesday Apr 21	Wednesday Apr 22	Thursday Apr 23	Friday Apr 24	Saturday Apr 25	Sunday Apr 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		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	People's choice	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Spinach and tomato quiche	Lentil hot pot	Grilled vegetable and fetta gnocchi with parmesan	Vegie patties with grilled halloumi	Frittata	Garlic sesame tofu and noodles	Honey soy stir fry
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	People's choice, People'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	People's choice	Chocolate self-saucing pudding	Salted caramel brownie	Rhubarb crumble	Ice cream sundae
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 vegetable	Beef noodle	Bacon and cauliflower	Tuscan bean
	Main choice 1	Lamb rissoles, relish, herbed potatoes, ratatoullie	Beef casserole, pasta salad	Pork in plum sauce, egg fried rice, stir-fried Asian vegetables	Sausages and onion gravy, polenta sauteed spinach and tomato	Chicken teriyaki, egg noodles, cabbage, broccoli	Lamb, meatloaf, mash, vegetables	Lasagne, garlic bread, and side salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried egg and veg served with rice	Vegie sausages	Cheesy vegetable pastie	vol-au-vent - various fillings available	Chickpea burger, tomato relish and side salad	Vegetable and lentil Lasagne
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Fruit trifle	Plum clafoutis	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Apr 27	Tuesday Apr 28	Wednesday Apr 29	Thursday Apr 30	Friday May 01	Saturday May 02	Sunday May 03
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		Dip with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate biscuits	Apple cinnamon cake
Lunch	Main choice 1	Steamed fish and lemon butter	Lamb shanks, mash and roasted vegetables	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Mediterranean lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Corn fritters	Vegetarian sausages	Eggplant parmigiana	Stir fry, garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese and broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Polenta, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Pineapple upside down cake	Bread and butter pudding	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 tomato	Cauliflower and bacon	Pumpkin	Minestrone	Carrot
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak, mash, beans and carrots	Chicken curry, rice, carrot and cauliflower	Lamb meatballs, herbed potatoes, ratatouille	Beef and vegetable casserole, risoni	Beef and black bean, egg fried rice, stir-fried Asian vegetables	Tuna mornay, garlic bread and side salad
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepards pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Fruit pies	Chocolate brownie	Stewed apples and warm custard	Sticky date self-saucing pudding	Hazelnut panna cotta	Treacle pudding with ginger	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday May 04	Tuesday May 05	Wednesday May 06	Thursday May 07	Friday May 08	Saturday May 09	Sunday May 10
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	Herb scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and gravy	Chicken parmigiana	Roast lamb with mint sauce	People's choice	Fish and chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy pasta bake	Vegetable and lentil stew	Vegetable burgers	Pumpkin, fetta and spinach risotto w/ parmesan	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Buttered baby potatoes/mash, Carrots and beans	Chips/mash, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	People's choice, People's choice	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked sweet potato	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	People's choice	Bread and butter pudding	Cinnamon rice pudding	Orange cake
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 & 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	Baked chicken, rice, broccoli and pumpkin	Lamb ragu, mash, zucchini and beetroot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried tofu, egg and veg served with rice	Veggie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes w/ baked beans, cheese and sour cream	Cheesy vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry pannacotta	Tres leche cake	Baked custard	Chocolate ripple cake	Seasonal fruit and warm custard
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

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This is our Coppin Suites menu.



		Monday May 11	Tuesday May 12	Wednesday May 13	Thursday May 14	Friday May 15	Saturday May 16	Sunday May 17
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		Choc cookies	Coffee and walnut cake	Scones	Yoghurt cake	Bacon and cheese frittata	Banana muffins	Lemon and coconut cake
Lunch	Main choice 1	Poached salmon with dill sauce	Lamb shank casserole	Multicultural food day	Pork roast with apple sauce	Fish	Corned beef with creamy mustard sauce, mash and roasted vegetables	Sunday roast: lamb
	Main choice 2	Vegetable and lentil pie	Veggie burgers with cheese	Cheesy spinach and ricotta bake	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties with cheese and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	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, Buttery mixed veg	Creamy potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon meringue	Apple and berry crumble	Tiramisu	Warm orange cake	Treacle pudding with ginger	Chocolate 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	Beef and barley	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne, garlic bread, garden salad	Satay chicken, rice, carrot and Zucchini	Fish bites, chips, salad	Mild lamb curry, rice, pumpkin and beans	Meatloaf, mash, peas and sweet potato	Sweet and sour pork, egg and veg fried rice	Chicken tenders, sweet potato mash, beans and carrot
	Main choice 2	Tofu and vegetable stir fry	Cheesy vegetable stack	Croissant - various fillings available	Quiche	Cheesy vegetable 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	Pannacotta	Stewed Apricots and warm Custard
Supper		Selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

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This is our Coppin Suites menu.



		Monday May 18	Tuesday May 19	Wednesday May 20	Thursday May 21	Friday May 22	Saturday May 23	Sunday May 24
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	People's choice	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Spinach and tomato quiche	Lentil hot pot	Grilled vegetable and fetta gnocchi with parmesan	Vegie patties with grilled halloumi	Frittata	Garlic sesame tofu and noodles	Honey soy stir fry
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	People's choice, People'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	People's choice	Chocolate self-saucing pudding	Salted caramel brownie	Rhubarb crumble	Ice cream sundae
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 vegetable	Beef noodle	Bacon and cauliflower	Tuscan bean
	Main choice 1	Lamb rissoles, relish, herbed potatoes, ratatoullie	Beef casserole, pasta salad	Pork in plum sauce, egg fried rice, stir-fried Asian vegetables	Sausages and onion gravy, polenta sauteed spinach and tomato	Chicken teriyaki, egg noodles, cabbage, broccoli	Lamb, meatloaf, mash, vegetables	Lasagne, garlic bread, and side salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried egg and veg served with rice	Vegie sausages	Cheesy vegetable pastie	vol-au-vent - various fillings available	Chickpea burger, tomato relish and side salad	Vegetable and lentil Lasagne
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Fruit trifle	Plum clafoutis	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday May 25	Tuesday May 26	Wednesday May 27	Thursday May 28	Friday May 29	Saturday May 30	Sunday May 31
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		Dip with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate biscuits	Apple cinnamon cake
Lunch	Main choice 1	Steamed fish and lemon butter	Lamb shanks, mash and roasted vegetables	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Mediterranean lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Corn fritters	Vegetarian sausages	Eggplant parmigiana	Stir fry, garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese and broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Polenta, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Pineapple upside down cake	Bread and butter pudding	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 tomato	Cauliflower and bacon	Pumpkin	Minestrone	Carrot
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak, mash, beans and carrots	Chicken curry, rice, carrot and cauliflower	Lamb meatballs, herbed potatoes, ratatouille	Beef and vegetable casserole, risoni	Beef and black bean, egg fried rice, stir-fried Asian vegetables	Tuna mornay, garlic bread and side salad
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepards pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Fruit pies	Chocolate brownie	Stewed apples and warm custard	Sticky date self-saucing pudding	Hazelnut panna cotta	Treacle pudding with ginger	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Jun 01	Tuesday Jun 02	Wednesday Jun 03	Thursday Jun 04	Friday Jun 05	Saturday Jun 06	Sunday Jun 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		Marble cake	Banana muffins	Herb scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and gravy	Chicken parmigiana	Roast lamb with mint sauce	People's choice	Fish and chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy pasta bake	Vegetable and lentil stew	Vegetable burgers	Pumpkin, fetta and spinach risotto w/ parmesan	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Buttered baby potatoes/mash, Carrots and beans	Chips/mash, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	People's choice, People's choice	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked sweet potato	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	People's choice	Bread and butter pudding	Cinnamon rice pudding	Orange cake
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 & 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	Baked chicken, rice, broccoli and pumpkin	Lamb ragu, mash, zucchini and beetroot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried tofu, egg and veg served with rice	Veggie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes w/ baked beans, cheese and sour cream	Cheesy vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry pannacotta	Tres leche cake	Baked custard	Chocolate ripple cake	Seasonal fruit and warm custard
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

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This is our Coppin Suites menu.



		Monday Jun 08	Tuesday Jun 09	Wednesday Jun 10	Thursday Jun 11	Friday Jun 12	Saturday Jun 13	Sunday Jun 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		Choc cookies	Coffee and walnut cake	Scones	Yoghurt cake	Bacon and cheese frittata	Banana muffins	Lemon and coconut cake
Lunch	Main choice 1	Poached salmon with dill sauce	Lamb shank casserole	Multicultural food day	Pork roast with apple sauce	Fish	Corned beef with creamy mustard sauce, mash and roasted vegetables	Sunday roast: lamb
	Main choice 2	Vegetable and lentil pie	Veggie burgers with cheese	Cheesy spinach and ricotta bake	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties with cheese and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	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, Buttery mixed veg	Creamy potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon meringue	Apple and berry crumble	Tiramisu	Warm orange cake	Treacle pudding with ginger	Chocolate 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	Beef and barley	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne, garlic bread, garden salad	Satay chicken, rice, carrot and Zucchini	Fish bites, chips, salad	Mild lamb curry, rice, pumpkin and beans	Meatloaf, mash, peas and sweet potato	Sweet and sour pork, egg and veg fried rice	Chicken tenders, sweet potato mash, beans and carrot
	Main choice 2	Tofu and vegetable stir fry	Cheesy vegetable stack	Croissant - various fillings available	Quiche	Cheesy vegetable 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	Pannacotta	Stewed Apricots and warm Custard
Supper		Selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Jun 15	Tuesday Jun 16	Wednesday Jun 17	Thursday Jun 18	Friday Jun 19	Saturday Jun 20	Sunday Jun 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		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	People's choice	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Spinach and tomato quiche	Lentil hot pot	Grilled vegetable and fetta gnocchi with parmesan	Vegie patties with grilled halloumi	Frittata	Garlic sesame tofu and noodles	Honey soy stir fry
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	People's choice, People'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	People's choice	Chocolate self-saucing pudding	Salted caramel brownie	Rhubarb crumble	Ice cream sundae
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 vegetable	Beef noodle	Bacon and cauliflower	Tuscan bean
	Main choice 1	Lamb rissoles, relish, herbed potatoes, ratatoullie	Beef casserole, pasta salad	Pork in plum sauce, egg fried rice, stir-fried Asian vegetables	Sausages and onion gravy, polenta sauteed spinach and tomato	Chicken teriyaki, egg noodles, cabbage, broccoli	Lamb, meatloaf, mash, vegetables	Lasagne, garlic bread, and side salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried egg and veg served with rice	Vegie sausages	Cheesy vegetable pastie	vol-au-vent - various fillings available	Chickpea burger, tomato relish and side salad	Vegetable and lentil Lasagne
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Fruit trifle	Plum clafoutis	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Jun 22	Tuesday Jun 23	Wednesday Jun 24	Thursday Jun 25	Friday Jun 26	Saturday Jun 27	Sunday Jun 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		Dip with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate biscuits	Apple cinnamon cake
Lunch	Main choice 1	Steamed fish and lemon butter	Lamb shanks, mash and roasted vegetables	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Mediterranean lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Corn fritters	Vegetarian sausages	Eggplant parmigiana	Stir fry, garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese and broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Polenta, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Pineapple upside down cake	Bread and butter pudding	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 tomato	Cauliflower and bacon	Pumpkin	Minestrone	Carrot
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak, mash, beans and carrots	Chicken curry, rice, carrot and cauliflower	Lamb meatballs, herbed potatoes, ratatouille	Beef and vegetable casserole, risoni	Beef and black bean, egg fried rice, stir-fried Asian vegetables	Tuna mornay, garlic bread and side salad
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepards pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Fruit pies	Chocolate brownie	Stewed apples and warm custard	Sticky date self-saucing pudding	Hazelnut panna cotta	Treacle pudding with ginger	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Jun 29	Tuesday Jun 30	Wednesday Jul 01	Thursday Jul 02	Friday Jul 03	Saturday Jul 04	Sunday Jul 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		Marble cake	Banana muffins	Herb scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and gravy	Chicken parmigiana	Roast lamb with mint sauce	People's choice	Fish and chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy pasta bake	Vegetable and lentil stew	Vegetable burgers	Pumpkin, fetta and spinach risotto w/ parmesan	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Buttered baby potatoes/mash, Carrots and beans	Chips/mash, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	People's choice, People's choice	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked sweet potato	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	People's choice	Bread and butter pudding	Cinnamon rice pudding	Orange cake
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 & 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	Baked chicken, rice, broccoli and pumpkin	Lamb ragu, mash, zucchini and beetroot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried tofu, egg and veg served with rice	Veggie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes w/ baked beans, cheese and sour cream	Cheesy vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry pannacotta	Tres leche cake	Baked custard	Chocolate ripple cake	Seasonal fruit and warm custard
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Jul 06	Tuesday Jul 07	Wednesday Jul 08	Thursday Jul 09	Friday Jul 10	Saturday Jul 11	Sunday Jul 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		Choc cookies	Coffee and walnut cake	Scones	Yoghurt cake	Bacon and cheese frittata	Banana muffins	Lemon and coconut cake
Lunch	Main choice 1	Poached salmon with dill sauce	Lamb shank casserole	Multicultural food day	Pork roast with apple sauce	Fish	Corned beef with creamy mustard sauce, mash and roasted vegetables	Sunday roast: lamb
	Main choice 2	Vegetable and lentil pie	Veggie burgers with cheese	Cheesy spinach and ricotta bake	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties with cheese and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	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, Buttery mixed veg	Creamy potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon meringue	Apple and berry crumble	Tiramisu	Warm orange cake	Treacle pudding with ginger	Chocolate 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	Beef and barley	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne, garlic bread, garden salad	Satay chicken, rice, carrot and Zucchini	Fish bites, chips, salad	Mild lamb curry, rice, pumpkin and beans	Meatloaf, mash, peas and sweet potato	Sweet and sour pork, egg and veg fried rice	Chicken tenders, sweet potato mash, beans and carrot
	Main choice 2	Tofu and vegetable stir fry	Cheesy vegetable stack	Croissant - various fillings available	Quiche	Cheesy vegetable 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	Pannacotta	Stewed Apricots and warm Custard
Supper		Selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Jul 13	Tuesday Jul 14	Wednesday Jul 15	Thursday Jul 16	Friday Jul 17	Saturday Jul 18	Sunday Jul 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		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	People's choice	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Spinach and tomato quiche	Lentil hot pot	Grilled vegetable and fetta gnocchi with parmesan	Vegie patties with grilled halloumi	Frittata	Garlic sesame tofu and noodles	Honey soy stir fry
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	People's choice, People'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	People's choice	Chocolate self-saucing pudding	Salted caramel brownie	Rhubarb crumble	Ice cream sundae
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 vegetable	Beef noodle	Bacon and cauliflower	Tuscan bean
	Main choice 1	Lamb rissoles, relish, herbed potatoes, ratatoullie	Beef casserole, pasta salad	Pork in plum sauce, egg fried rice, stir-fried Asian vegetables	Sausages and onion gravy, polenta sauteed spinach and tomato	Chicken teriyaki, egg noodles, cabbage, broccoli	Lamb, meatloaf, mash, vegetables	Lasagne, garlic bread, and side salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried egg and veg served with rice	Vegie sausages	Cheesy vegetable pastie	vol-au-vent - various fillings available	Chickpea burger, tomato relish and side salad	Vegetable and lentil Lasagne
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Fruit trifle	Plum clafoutis	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Jul 20	Tuesday Jul 21	Wednesday Jul 22	Thursday Jul 23	Friday Jul 24	Saturday Jul 25	Sunday Jul 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		Dip with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate biscuits	Apple cinnamon cake
Lunch	Main choice 1	Steamed fish and lemon butter	Lamb shanks, mash and roasted vegetables	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Mediterranean lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Corn fritters	Vegetarian sausages	Eggplant parmigiana	Stir fry, garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese and broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Polenta, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Pineapple upside down cake	Bread and butter pudding	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 tomato	Cauliflower and bacon	Pumpkin	Minestrone	Carrot
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak, mash, beans and carrots	Chicken curry, rice, carrot and cauliflower	Lamb meatballs, herbed potatoes, ratatouille	Beef and vegetable casserole, risoni	Beef and black bean, egg fried rice, stir-fried Asian vegetables	Tuna mornay, garlic bread and side salad
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepards pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Fruit pies	Chocolate brownie	Stewed apples and warm custard	Sticky date self-saucing pudding	Hazelnut panna cotta	Treacle pudding with ginger	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Jul 27	Tuesday Jul 28	Wednesday Jul 29	Thursday Jul 30	Friday Jul 31	Saturday Aug 01	Sunday Aug 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		Marble cake	Banana muffins	Herb scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and gravy	Chicken parmigiana	Roast lamb with mint sauce	People's choice	Fish and chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy pasta bake	Vegetable and lentil stew	Vegetable burgers	Pumpkin, fetta and spinach risotto w/ parmesan	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Buttered baby potatoes/mash, Carrots and beans	Chips/mash, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	People's choice, People's choice	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked sweet potato	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	People's choice	Bread and butter pudding	Cinnamon rice pudding	Orange cake
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 & 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	Baked chicken, rice, broccoli and pumpkin	Lamb ragu, mash, zucchini and beetroot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried tofu, egg and veg served with rice	Veggie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes w/ baked beans, cheese and sour cream	Cheesy vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry pannacotta	Tres leche cake	Baked custard	Chocolate ripple cake	Seasonal fruit and warm custard
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Aug 03	Tuesday Aug 04	Wednesday Aug 05	Thursday Aug 06	Friday Aug 07	Saturday Aug 08	Sunday Aug 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		Choc cookies	Coffee and walnut cake	Scones	Yoghurt cake	Bacon and cheese frittata	Banana muffins	Lemon and coconut cake
Lunch	Main choice 1	Poached salmon with dill sauce	Lamb shank casserole	Multicultural food day	Pork roast with apple sauce	Fish	Corned beef with creamy mustard sauce, mash and roasted vegetables	Sunday roast: lamb
	Main choice 2	Vegetable and lentil pie	Veggie burgers with cheese	Cheesy spinach and ricotta bake	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties with cheese and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	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, Buttery mixed veg	Creamy potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon meringue	Apple and berry crumble	Tiramisu	Warm orange cake	Treacle pudding with ginger	Chocolate 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	Beef and barley	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne, garlic bread, garden salad	Satay chicken, rice, carrot and Zucchini	Fish bites, chips, salad	Mild lamb curry, rice, pumpkin and beans	Meatloaf, mash, peas and sweet potato	Sweet and sour pork, egg and veg fried rice	Chicken tenders, sweet potato mash, beans and carrot
	Main choice 2	Tofu and vegetable stir fry	Cheesy vegetable stack	Croissant - various fillings available	Quiche	Cheesy vegetable 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	Pannacotta	Stewed Apricots and warm Custard
Supper		Selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Aug 10	Tuesday Aug 11	Wednesday Aug 12	Thursday Aug 13	Friday Aug 14	Saturday Aug 15	Sunday Aug 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		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	People's choice	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Spinach and tomato quiche	Lentil hot pot	Grilled vegetable and fetta gnocchi with parmesan	Vegie patties with grilled halloumi	Frittata	Garlic sesame tofu and noodles	Honey soy stir fry
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	People's choice, People'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	People's choice	Chocolate self-saucing pudding	Salted caramel brownie	Rhubarb crumble	Ice cream sundae
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 vegetable	Beef noodle	Bacon and cauliflower	Tuscan bean
	Main choice 1	Lamb rissoles, relish, herbed potatoes, ratatoullie	Beef casserole, pasta salad	Pork in plum sauce, egg fried rice, stir-fried Asian vegetables	Sausages and onion gravy, polenta sauteed spinach and tomato	Chicken teriyaki, egg noodles, cabbage, broccoli	Lamb, meatloaf, mash, vegetables	Lasagne, garlic bread, and side salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried egg and veg served with rice	Vegie sausages	Cheesy vegetable pastie	vol-au-vent - various fillings available	Chickpea burger, tomato relish and side salad	Vegetable and lentil Lasagne
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Fruit trifle	Plum clafoutis	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Aug 17	Tuesday Aug 18	Wednesday Aug 19	Thursday Aug 20	Friday Aug 21	Saturday Aug 22	Sunday Aug 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		Dip with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate biscuits	Apple cinnamon cake
Lunch	Main choice 1	Steamed fish and lemon butter	Lamb shanks, mash and roasted vegetables	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Mediterranean lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Corn fritters	Vegetarian sausages	Eggplant parmigiana	Stir fry, garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese and broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Polenta, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Pineapple upside down cake	Bread and butter pudding	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 tomato	Cauliflower and bacon	Pumpkin	Minestrone	Carrot
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak, mash, beans and carrots	Chicken curry, rice, carrot and cauliflower	Lamb meatballs, herbed potatoes, ratatouille	Beef and vegetable casserole, risoni	Beef and black bean, egg fried rice, stir-fried Asian vegetables	Tuna mornay, garlic bread and side salad
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepards pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Fruit pies	Chocolate brownie	Stewed apples and warm custard	Sticky date self-saucing pudding	Hazelnut panna cotta	Treacle pudding with ginger	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Aug 24	Tuesday Aug 25	Wednesday Aug 26	Thursday Aug 27	Friday Aug 28	Saturday Aug 29	Sunday Aug 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		Marble cake	Banana muffins	Herb scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and gravy	Chicken parmigiana	Roast lamb with mint sauce	People's choice	Fish and chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy pasta bake	Vegetable and lentil stew	Vegetable burgers	Pumpkin, fetta and spinach risotto w/ parmesan	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Buttered baby potatoes/mash, Carrots and beans	Chips/mash, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	People's choice, People's choice	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked sweet potato	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	People's choice	Bread and butter pudding	Cinnamon rice pudding	Orange cake
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 & 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	Baked chicken, rice, broccoli and pumpkin	Lamb ragu, mash, zucchini and beetroot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried tofu, egg and veg served with rice	Veggie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes w/ baked beans, cheese and sour cream	Cheesy vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry pannacotta	Tres leche cake	Baked custard	Chocolate ripple cake	Seasonal fruit and warm custard
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Aug 31	Tuesday Sep 01	Wednesday Sep 02	Thursday Sep 03	Friday Sep 04	Saturday Sep 05	Sunday Sep 06
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		Choc cookies	Coffee and walnut cake	Scones	Yoghurt cake	Bacon and cheese frittata	Banana muffins	Lemon and coconut cake
Lunch	Main choice 1	Poached salmon with dill sauce	Lamb shank casserole	Multicultural food day	Pork roast with apple sauce	Fish	Corned beef with creamy mustard sauce, mash and roasted vegetables	Sunday roast: lamb
	Main choice 2	Vegetable and lentil pie	Veggie burgers with cheese	Cheesy spinach and ricotta bake	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties with cheese and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	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, Buttery mixed veg	Creamy potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon meringue	Apple and berry crumble	Tiramisu	Warm orange cake	Treacle pudding with ginger	Chocolate 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	Beef and barley	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne, garlic bread, garden salad	Satay chicken, rice, carrot and Zucchini	Fish bites, chips, salad	Mild lamb curry, rice, pumpkin and beans	Meatloaf, mash, peas and sweet potato	Sweet and sour pork, egg and veg fried rice	Chicken tenders, sweet potato mash, beans and carrot
	Main choice 2	Tofu and vegetable stir fry	Cheesy vegetable stack	Croissant - various fillings available	Quiche	Cheesy vegetable 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	Pannacotta	Stewed Apricots and warm Custard
Supper		Selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Sep 07	Tuesday Sep 08	Wednesday Sep 09	Thursday Sep 10	Friday Sep 11	Saturday Sep 12	Sunday Sep 13
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	People's choice	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Spinach and tomato quiche	Lentil hot pot	Grilled vegetable and fetta gnocchi with parmesan	Vegie patties with grilled halloumi	Frittata	Garlic sesame tofu and noodles	Honey soy stir fry
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	People's choice, People'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	People's choice	Chocolate self-saucing pudding	Salted caramel brownie	Rhubarb crumble	Ice cream sundae
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 vegetable	Beef noodle	Bacon and cauliflower	Tuscan bean
	Main choice 1	Lamb rissoles, relish, herbed potatoes, ratatoullie	Beef casserole, pasta salad	Pork in plum sauce, egg fried rice, stir-fried Asian vegetables	Sausages and onion gravy, polenta sauteed spinach and tomato	Chicken teriyaki, egg noodles, cabbage, broccoli	Lamb, meatloaf, mash, vegetables	Lasagne, garlic bread, and side salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried egg and veg served with rice	Vegie sausages	Cheesy vegetable pastie	vol-au-vent - various fillings available	Chickpea burger, tomato relish and side salad	Vegetable and lentil Lasagne
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Fruit trifle	Plum clafoutis	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Sep 14	Tuesday Sep 15	Wednesday Sep 16	Thursday Sep 17	Friday Sep 18	Saturday Sep 19	Sunday Sep 20
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		Dip with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate biscuits	Apple cinnamon cake
Lunch	Main choice 1	Steamed fish and lemon butter	Lamb shanks, mash and roasted vegetables	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Mediterranean lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Corn fritters	Vegetarian sausages	Eggplant parmigiana	Stir fry, garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese and broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Polenta, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Pineapple upside down cake	Bread and butter pudding	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 tomato	Cauliflower and bacon	Pumpkin	Minestrone	Carrot
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak, mash, beans and carrots	Chicken curry, rice, carrot and cauliflower	Lamb meatballs, herbed potatoes, ratatouille	Beef and vegetable casserole, risoni	Beef and black bean, egg fried rice, stir-fried Asian vegetables	Tuna mornay, garlic bread and side salad
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepards pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Fruit pies	Chocolate brownie	Stewed apples and warm custard	Sticky date self-saucing pudding	Hazelnut panna cotta	Treacle pudding with ginger	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Sep 21	Tuesday Sep 22	Wednesday Sep 23	Thursday Sep 24	Friday Sep 25	Saturday Sep 26	Sunday Sep 27
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	Herb scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and gravy	Chicken parmigiana	Roast lamb with mint sauce	People's choice	Fish and chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy pasta bake	Vegetable and lentil stew	Vegetable burgers	Pumpkin, fetta and spinach risotto w/ parmesan	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Buttered baby potatoes/mash, Carrots and beans	Chips/mash, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	People's choice, People's choice	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked sweet potato	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	People's choice	Bread and butter pudding	Cinnamon rice pudding	Orange cake
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 & 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	Baked chicken, rice, broccoli and pumpkin	Lamb ragu, mash, zucchini and beetroot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried tofu, egg and veg served with rice	Veggie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes w/ baked beans, cheese and sour cream	Cheesy vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry pannacotta	Tres leche cake	Baked custard	Chocolate ripple cake	Seasonal fruit and warm custard
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Sep 28	Tuesday Sep 29	Wednesday Sep 30	Thursday Oct 01	Friday Oct 02	Saturday Oct 03	Sunday Oct 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		Choc cookies	Coffee and walnut cake	Scones	Yoghurt cake	Bacon and cheese frittata	Banana muffins	Lemon and coconut cake
Lunch	Main choice 1	Poached salmon with dill sauce	Lamb shank casserole	Multicultural food day	Pork roast with apple sauce	Fish	Corned beef with creamy mustard sauce, mash and roasted vegetables	Sunday roast: lamb
	Main choice 2	Vegetable and lentil pie	Veggie burgers with cheese	Cheesy spinach and ricotta bake	Vegetarian risotto	Chickpea curry and rice	Tofu noodle stir fry	Vegetable patties with cheese and tomato relish
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	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, Buttery mixed veg	Creamy potato mash, Zucchini and cauliflower	Roasted rosemary potatoes, Pumpkin and peas
	Dessert	Strawberry cheesecake	Lemon meringue	Apple and berry crumble	Tiramisu	Warm orange cake	Treacle pudding with ginger	Chocolate 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	Beef and barley	Pea and ham	Cheesy broccoli and cauliflower	Minestrone	Creamy lentil
	Main choice 1	Beef lasagne, garlic bread, garden salad	Satay chicken, rice, carrot and Zucchini	Fish bites, chips, salad	Mild lamb curry, rice, pumpkin and beans	Meatloaf, mash, peas and sweet potato	Sweet and sour pork, egg and veg fried rice	Chicken tenders, sweet potato mash, beans and carrot
	Main choice 2	Tofu and vegetable stir fry	Cheesy vegetable stack	Croissant - various fillings available	Quiche	Cheesy vegetable 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	Pannacotta	Stewed Apricots and warm Custard
Supper		Selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Oct 05	Tuesday Oct 06	Wednesday Oct 07	Thursday Oct 08	Friday Oct 09	Saturday Oct 10	Sunday Oct 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		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	People's choice	Roast lamb, gravy and mint sauce	Fried fish	Creamy garlic chicken	Sunday roast: beef with red wine gravy
	Main choice 2	Spinach and tomato quiche	Lentil hot pot	Grilled vegetable and fetta gnocchi with parmesan	Vegie patties with grilled halloumi	Frittata	Garlic sesame tofu and noodles	Honey soy stir fry
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Green beans and carrots	Chips/mash, Broccoli and carrot	People's choice, People'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	People's choice	Chocolate self-saucing pudding	Salted caramel brownie	Rhubarb crumble	Ice cream sundae
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 vegetable	Beef noodle	Bacon and cauliflower	Tuscan bean
	Main choice 1	Lamb rissoles, relish, herbed potatoes, ratatoullie	Beef casserole, pasta salad	Pork in plum sauce, egg fried rice, stir-fried Asian vegetables	Sausages and onion gravy, polenta sauteed spinach and tomato	Chicken teriyaki, egg noodles, cabbage, broccoli	Lamb, meatloaf, mash, vegetables	Lasagne, garlic bread, and side salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried egg and veg served with rice	Vegie sausages	Cheesy vegetable pastie	vol-au-vent - various fillings available	Chickpea burger, tomato relish and side salad	Vegetable and lentil Lasagne
	Dessert	Peach sponge	Perfect chocolate cream slice	Tiramisu	Fruit trifle	Plum clafoutis	Chocolate ripple cake	Custard and apple cake
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Oct 12	Tuesday Oct 13	Wednesday Oct 14	Thursday Oct 15	Friday Oct 16	Saturday Oct 17	Sunday Oct 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		Dip with crackers, cheese and vegetable sticks	Blueberry muffins	Scones	Jelly cake	Pear muffins	Chocolate biscuits	Apple cinnamon cake
Lunch	Main choice 1	Steamed fish and lemon butter	Lamb shanks, mash and roasted vegetables	Roast pork and apple sauce	Silverside with mustard sauce	Fish and chips	Mediterranean lamb	Lemon and thyme roasted chicken
	Main choice 2	Chicken or veggie burger with cheese	Ricotta ravioli with napoli	Corn fritters	Vegetarian sausages	Eggplant parmigiana	Stir fry, garlic vegetables and noodles	Frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Mash, Broccoli and honey carrots	Buttery mash, Sauteed silverbeet and baked pumpkin	Roast potatoes, Braised cabbage, cauliflower cheese and broccoli	Creamy potato bake, Steamed carrots and zucchini	Chips/mash, Coleslaw	Polenta, Roasted vegetable medley	Creamy mash, Roast pumpkin and broccoli
	Dessert	Pineapple upside down cake	Bread and butter pudding	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 tomato	Cauliflower and bacon	Pumpkin	Minestrone	Carrot
	Main choice 1	Marinated pork, noodles, Asian vegetables	Braised veal steak, mash, beans and carrots	Chicken curry, rice, carrot and cauliflower	Lamb meatballs, herbed potatoes, ratatouille	Beef and vegetable casserole, risoni	Beef and black bean, egg fried rice, stir-fried Asian vegetables	Tuna mornay, garlic bread and side salad
	Main choice 2	Tofu sweet and sour stir fry	Vegetarian sausages	Vegetarian shepards pie	Quiche	Pesto and ricotta pasta	Egg and vegetable fried rice	Zucchini fritters
	Dessert	Fruit pies	Chocolate brownie	Stewed apples and warm custard	Sticky date self-saucing pudding	Hazelnut panna cotta	Treacle pudding with ginger	Ice cream sundaes
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

Hello

This is our Coppin Suites menu.



		Monday Oct 19	Tuesday Oct 20	Wednesday Oct 21	Thursday Oct 22	Friday Oct 23	Saturday Oct 24	Sunday Oct 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		Marble cake	Banana muffins	Herb scones	Sponge cake with jam and cream	Choc chip cookies	Fruit cake	Cheese and crackers with dip
Lunch	Main choice 1	Roast pork and gravy	Chicken parmigiana	Roast lamb with mint sauce	People's choice	Fish and chips	Baked Chicken & Thyme Butter	Roast Turkey with Cranberry Sauce
	Main choice 2	Sweet and Sour Tofu with Rice	Cheesy pasta bake	Vegetable and lentil stew	Vegetable burgers	Pumpkin, fetta and spinach risotto w/ parmesan	Egg and lentil dahl with rice	Homemade frittata
	Main choice 3	Steak	Steamed fish	Roast chicken	Lamb shank	Butter chicken with rice	Salmon	Spaghetti bolognese
	Served with	Buttered baby potatoes/mash, Carrots and beans	Chips/mash, Garden salad/ brussel sprouts and cauliflower cheese	Mash, Roast pumpkin and brussel sprouts	People's choice, People's choice	Chips/mash, Coleslaw/ braised cabbage, carrot and beans	Potatoes, Broccoli and baked sweet potato	Roasted rosemary potatoes, Roasted carrots, pumpkin and beans
	Dessert	Salted caramel brownie	Blueberry cheesecake	Pavlova with mascarpone and fruit	People's choice	Bread and butter pudding	Cinnamon rice pudding	Orange cake
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 & 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	Baked chicken, rice, broccoli and pumpkin	Lamb ragu, mash, zucchini and beetroot	Braised beef, mash, carrots and beans	Homemade chicken and leek pie, chips and garden salad
	Main choice 2	Vegetable and lentil pie	Asian stir fried tofu, egg and veg served with rice	Veggie sausages	Honey soy tofu with rice	Quiche and vegetables	Baked potatoes w/ baked beans, cheese and sour cream	Cheesy vegetable pastie
	Dessert	Berry cobbler	Plum clafoutis	Strawberry pannacotta	Tres leche cake	Baked custard	Chocolate ripple cake	Seasonal fruit and warm custard
Supper		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						