

# Hello

# This is our Footscray menu.



		Monday Apr 13	Tuesday Apr 14	Wednesday Apr 15	Thursday Apr 16	Friday Apr 17	Saturday Apr 18	Sunday Apr 19
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Chicken pho	Combination stir fry	Bun rieu (Shrimp noodle soup)	Pork belly	Tumeric and dill fish	Pad Thai w/ chicken	BBQ pork
	<b>Main choice 2</b>	Baked salmon	Chicken cacciatore	Steak medallions	Shepherd's pie	Today's fish and chips	Turkey salad	Roast beef and gravy
	<b>Served with</b>	Rice or mash, Stir fried greens	Rice or congee, Beans, carrots	Rice or mash, Sesame mixed greens	Rice, Carrots, broccoli	Rice or chips, Peas, carrots	Rice or congee, Beans, carrot	Rice or potato, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	Pear galette	Tiramisu	Bread and butter pudding	Lemon cheesecake	Old-fashioned apple pie	Pear crumble	Golden syrup umplings
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Split pea and vegetable	Mushroom	Tomato and capsicum	Carrot and ginger	Pumpkin and sweet potato	Chicken and vegetable	Zucchini
	<b>Main choice 1</b>	Char siu pork (BBQ pork)	Orange-glazed chicken	Bo luc lac (Vietnamese shaking beef)	Pad krapow gai (spicy Thai basil chicken)	Caramel pork	Honey soy beef	Chinese chicken drumsticks
	<b>Main choice 2</b>	Beef stoganoff	Mediterranean lamb	Fish bites	Apricot chicken	Lasagne	Sausage gnocci	Baked chicken
	<b>Served with</b>	Mash, broccoli and carrots	Brussel sprouts, pumpkin and potato	Green beans, carrot and chips	Asian greens	Broccoli and cauliflower	Seasonal Asian greens	Sweet potato and beans
	<b>Dessert</b>	Black Forest cake	Cinnamon apple turnover	Eton mess	White chocolate and raspberry cake	Duo chocolate custard pots	Rhubarb and vanilla baked custard	Jelly cake
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Apr 20	Tuesday Apr 21	Wednesday Apr 22	Thursday Apr 23	Friday Apr 24	Saturday Apr 25	Sunday Apr 26
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	Beef pho noodle	Pork wonton noodle	Prawn pho	Lemongrass chicken w/ Nuoc cham	CA KHO TO (Vietnamese braised fish)	Wonton soup	Bo luc lac (Vietnamese shaking beef)
	<b>Main choice 2</b>	Ravioli	KFC chicken	Roast lamb w/ lemon, garlic and rosemary	Mixed grill	Fish of the day	Traditional moussaka	Roast pork with apple sauce
	<b>Served with</b>	Rice or congee, Stir fried greens	Rice or chips, Beans, carrots	Rice or potato, Sesame mixed greens	Rice or mash, Sweet potato, broccoli	Rice or chips, Peas and carrots	Rice or congee, Green beans and carrot	Rice or congee, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	White chocolate cheesecake with mixed berries	Ice cream	Orange chiffon cake	Spiced fruit salad	Mango fool	Self-saucing chocolate pudding	Banana sundae
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Autumn vegetable with basil pesto	Green bean and fetta	Pumpkin and coconut	Potato and spinach	Cream of tomato	Broccoli and cauliflower	Heart bean and pasta
	<b>Main choice 1</b>	Lemongrass chicken w/nuoc cham	Kaeng Panang nua (Penang beef curry)	Thit kho (Vietnamese braised pork with egg)	Roast duck	Hoisin beef	Chicken chop suey	Moo shu pork
	<b>Main choice 2</b>	Tofu curry	Grilled chicken with mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Quiche	Grilled barramundi
	<b>Served with</b>	Broccoli and carrots	Steamed greens	Sweet potato and cauliflower	Carrot, rice and broccoli	Steamed mixed greens	Medley of vegetables	Broccoli and carrots
	<b>Dessert</b>	Stawberry cobbler	Apple crumble	Steamed chocolate pudding	Pina colada bars	Baked apricot custard	Sponge cake	Trifle
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Apr 27	Tuesday Apr 28	Wednesday Apr 29	Thursday Apr 30	Friday May 01	Saturday May 02	Sunday May 03
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Pork belly	Beef Pho noodle	Cantonese chicken	Vietnamrese pork and prawn clear noodle soup	Ginger garlic baked salmon	Pho ga (Chicken pho)	Thit kho (Vietnamese braised pork with egg)
	<b>Main choice 2</b>	Fish cake	Chicken kiev	Spaghetti bolognaise	Sausages	Today's fish	Quiche	Roasted pork
	<b>Served with</b>	Rice or mash, Crunch salad with sesame dressing	Rice or congee, Carrot and zucchini	Rice, Sweet potato and broccoli	Rice or mash, Cauliflower and peas	Rice or chips, Mixed salad/veg	Rice or congee, Broccoli, carrots	Rice or potato, Peas, pumpkin
	<b>Dessert</b>	Lemon self-saucing pudding	Jam roly-polly	Red velvet cake	Venetian rice pudding	Crème caramel	Boston cream cake	Baked custard w/ poached fruits
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Chicken laksa	Caramelised onion and parsnip	Mexican tomato soup	Broccoli	Moroccan chickpea	Potato and bacon	Minestrone
	<b>Main choice 1</b>	Bo kho (beef stew)	Glazed Barramundi	Bun Cha Gio Chay (Vietnamese noodles with spring rolls)	Bun cha gio choy (noodle bowl)	Butter chicken	Duck red curry	CA KHO TO (Vietnamese braised fish)
	<b>Main choice 2</b>	Pork meatballs	Special fried rice with egg	Vegetable casserole	Roast chicken	Corned beef with parsley sauce	Lasagne	Meatloaf
	<b>Served with</b>	Carrots and green beans	Seasonal Asian veg	broccoli and carrots	Beetroot, pumpkin	Broccoli, cauliflower	Zucchini, sweet potato	peas, corn
	<b>Dessert</b>	Spiced apple and custard	Sticky date pudding	Cherry clafoutis	Chocolate ripple cake	Blueberry cheesecake	Banana caramel pudding	Lemon curd w/ meringue
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday May 04	Tuesday May 05	Wednesday May 06	Thursday May 07	Friday May 08	Saturday May 09	Sunday May 10
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	BÚN RIÊU CHAY (Vegetarian tomato noodle soup)	Glazed honey soy roast chicken	Caramel pork	Bún Thang (Noodle soup w/ chicken, pork and egg)	Braised and caramelised catfish	San choy bow	Thai beef
	<b>Main choice 2</b>	Creamy garlic prawns	Seasoned roast chicken	Beef kofta curry	Lamb cutlets with onion and marmalade	Today's fish	Turkey and cranberry meatloaf	Roast pork w/ apple sauce
	<b>Served with</b>	Rice or mash, Broccoli and cauliflower	Rice or congee, Mixed vegetables	Rice or mash, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice or chips, Peas and pumpkin	Rice or congee, Chilli mango pieces	Rice or potato, Veg medley
	<b>Dessert</b>	Apple sago pudding	Pavlova w/ cream and fruits	Carmel mud cake	Upside-down pineapple cake	Vanilla pannacotta	Baked rice pudding	Plumb cobbler
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Cream of pumpkin	Chicken and corn	Red lenti , burghul and mint	Italian sausage and vegetable	Peas and ham	Lemon chicken	Leek and potato
	<b>Main choice 1</b>	Sticky mango pork	Beef satay	Karaage chicken	Five spiced lamb	Peking duck	S??n N??ng (grilled pork chops)	Canh ga chien nuoc mam (Vietnamese fish sauce with chicken wings)
	<b>Main choice 2</b>	Beef croquettes	Lamb and veg curry	Fish bites	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	<b>Served with</b>	Beans, carrots	Seasonal Asian veg	Mixed seasonal vegetables	Beetroot and cauliflower	Roast mixed vegetables	Peas, pumpkin	Vermicelli noodles salad
	<b>Dessert</b>	Upside down peach cake	Chocolate baked cheesecake	Plum and custard turnovers	Stone fruit crostata	Lemon magic cake	Tiramasu	Sweetened red bean soup
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

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# This is our Footscray menu.



		Monday May 11	Tuesday May 12	Wednesday May 13	Thursday May 14	Friday May 15	Saturday May 16	Sunday May 17
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Chicken pho	Combination stir fry	Bun rieu (Shrimp noodle soup)	Pork belly	Tumeric and dill fish	Pad Thai w/ chicken	BBQ pork
	<b>Main choice 2</b>	Baked salmon	Chicken cacciatore	Steak medallions	Shepherd's pie	Today's fish and chips	Turkey salad	Roast beef and gravy
	<b>Served with</b>	Rice or mash, Stir fried greens	Rice or congee, Beans, carrots	Rice or mash, Sesame mixed greens	Rice, Carrots, broccoli	Rice or chips, Peas, carrots	Rice or congee, Beans, carrot	Rice or potato, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	Pear galette	Tiramisu	Bread and butter pudding	Lemon cheesecake	Old-fashioned apple pie	Pear crumble	Golden syrup umplings
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Split pea and vegetable	Mushroom	Tomato and capsicum	Carrot and ginger	Pumpkin and sweet potato	Chicken and vegetable	Zucchini
	<b>Main choice 1</b>	Char siu pork (BBQ pork)	Orange-glazed chicken	Bo luc lac (Vietnamese shaking beef)	Pad krapow gai (spicy Thai basil chicken)	Caramel pork	Honey soy beef	Chinese chicken drumsticks
	<b>Main choice 2</b>	Beef stoganoff	Mediteranean lamb	Fish bites	Apricot chicken	Lasagne	Sausage gnocci	Baked chicken
	<b>Served with</b>	Mash, broccoli and carrots	Brussel sprouts, pumpkin and potato	Green beans, carrot and chips	Asian greens	Broccoli and cauliflower	Seasonal Asian greens	Sweet potato and beans
	<b>Dessert</b>	Black Forest cake	Cinnamon apple turnover	Eton mess	White chocolate and raspberry cake	Duo chocolate custard pots	Rhubarb and vanilla baked custard	Jelly cake
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

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# This is our Footscray menu.



		Monday May 18	Tuesday May 19	Wednesday May 20	Thursday May 21	Friday May 22	Saturday May 23	Sunday May 24
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	Beef pho noodle	Pork wonton noodle	Prawn pho	Lemongrass chicken w/ Nuoc cham	CA KHO TO (Vietnamese braised fish)	Wonton soup	Bo luc lac (Vietnamese shaking beef)
	<b>Main choice 2</b>	Ravioli	KFC chicken	Roast lamb w/ lemon, garlic and rosemary	Mixed grill	Fish of the day	Traditional moussaka	Roast pork with apple sauce
	<b>Served with</b>	Rice or congee, Stir fried greens	Rice or chips, Beans, carrots	Rice or potato, Sesame mixed greens	Rice or mash, Sweet potato, broccoli	Rice or chips, Peas and carrots	Rice or congee, Green beans and carrot	Rice or congee, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	White chocolate cheesecake with mixed berries	Ice cream	Orange chiffon cake	Spiced fruit salad	Mango fool	Self-saucing chocolate pudding	Banana sundae
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Autumn vegetable with basil pesto	Green bean and fetta	Pumpkin and coconut	Potato and spinach	Cream of tomato	Broccoli and cauliflower	Heart bean and pasta
	<b>Main choice 1</b>	Lemongrass chicken w/nuoc cham	Kaeng Panang nua (Penang beef curry)	Thit kho (Vietnamese braised pork with egg)	Roast duck	Hoisin beef	Chicken chop suey	Moo shu pork
	<b>Main choice 2</b>	Tofu curry	Grilled chicken with mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Quiche	Grilled barramundi
	<b>Served with</b>	Broccoli and carrots	Steamed greens	Sweet potato and cauliflower	Carrot, rice and broccoli	Steamed mixed greens	Medley of vegetables	Broccoli and carrots
	<b>Dessert</b>	Stawberry cobbler	Apple crumble	Steamed chocolate pudding	Pina colada bars	Baked apricot custard	Sponge cake	Trifle
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday May 25	Tuesday May 26	Wednesday May 27	Thursday May 28	Friday May 29	Saturday May 30	Sunday May 31
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Pork belly	Beef Pho noodle	Cantonese chicken	Vietnamrese pork and prawn clear noodle soup	Ginger garlic baked salmon	Pho ga (Chicken pho)	Thit kho (Vietnamese braised pork with egg)
	<b>Main choice 2</b>	Fish cake	Chicken kiev	Spaghetti bolognese	Sausages	Today's fish	Quiche	Roasted pork
	<b>Served with</b>	Rice or mash, Crunch salad with sesame dressing	Rice or congee, Carrot and zucchini	Rice, Sweet potato and broccoli	Rice or mash, Cauliflower and peas	Rice or chips, Mixed salad/veg	Rice or congee, Broccoli, carrots	Rice or potato, Peas, pumpkin
	<b>Dessert</b>	Lemon self-saucing pudding	Jam roly-polly	Red velvet cake	Venetian rice pudding	Crème caramel	Boston cream cake	Baked custard w/ poached fruits
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Chicken laksa	Caramelised onion and parsnip	Mexican tomato soup	Broccoli	Moroccan chickpea	Potato and bacon	Minestrone
	<b>Main choice 1</b>	Bo kho (beef stew)	Glazed Barramundi	Bun Cha Gio Chay (Vietnamese noodles with spring rolls)	Bun cha gio choy (noodle bowl)	Butter chicken	Duck red curry	CA KHO TO (Vietnamese braised fish)
	<b>Main choice 2</b>	Pork meatballs	Special fried rice with egg	Vegetable casserole	Roast chicken	Corned beef with parsley sauce	Lasagne	Meatloaf
	<b>Served with</b>	Carrots and green beans	Seasonal Asian veg	broccoli and carrots	Beetroot, pumpkin	Broccoli, cauliflower	Zucchini, sweet potato	peas, corn
	<b>Dessert</b>	Spiced apple and custard	Sticky date pudding	Cherry clafoutis	Chocolate ripple cake	Blueberry cheesecake	Banana caramel pudding	Lemon curd w/ meringue
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Jun 01	Tuesday Jun 02	Wednesday Jun 03	Thursday Jun 04	Friday Jun 05	Saturday Jun 06	Sunday Jun 07
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	BÚN RIÊU CHAY (Vegetarian tomato noodle soup)	Glazed honey soy roast chicken	Caramel pork	Bún Thang (Noodle soup w/ chicken, pork and egg)	Braised and caramelised catfish	San choy bow	Thai beef
	<b>Main choice 2</b>	Creamy garlic prawns	Seasoned roast chicken	Beef kofta curry	Lamb cutlets with onion and marmalade	Today's fish	Turkey and cranberry meatloaf	Roast pork w/ apple sauce
	<b>Served with</b>	Rice or mash, Broccoli and cauliflower	Rice or congee, Mixed vegetables	Rice or mash, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice or chips, Peas and pumpkin	Rice or congee, Chilli mango pieces	Rice or potato, Veg medley
	<b>Dessert</b>	Apple sago pudding	Pavlova w/ cream and fruits	Carmel mud cake	Upside-down pineapple cake	Vanilla pannacotta	Baked rice pudding	Plumb cobbler
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Cream of pumpkin	Chicken and corn	Red lenti , burghul and mint	Italian sausage and vegetable	Peas and ham	Lemon chicken	Leek and potato
	<b>Main choice 1</b>	Sticky mango pork	Beef satay	Karaage chicken	Five spiced lamb	Peking duck	S??n N??ng (grilled pork chops)	Canh ga chien nuoc mam (Vietnamese fish sauce with chicken wings)
	<b>Main choice 2</b>	Beef croquettes	Lamb and veg curry	Fish bites	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	<b>Served with</b>	Beans, carrots	Seasonal Asian veg	Mixed seasonal vegetables	Beetroot and cauliflower	Roast mixed vegetables	Peas, pumpkin	Vermicelli noodles salad
	<b>Dessert</b>	Upside down peach cake	Chocolate baked cheesecake	Plum and custard turnovers	Stone fruit crostata	Lemon magic cake	Tiramasu	Sweetened red bean soup
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

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# This is our Footscray menu.



		Monday Jun 08	Tuesday Jun 09	Wednesday Jun 10	Thursday Jun 11	Friday Jun 12	Saturday Jun 13	Sunday Jun 14
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Chicken pho	Combination stir fry	Bun rieu (Shrimp noodle soup)	Pork belly	Tumeric and dill fish	Pad Thai w/ chicken	BBQ pork
	<b>Main choice 2</b>	Baked salmon	Chicken cacciatore	Steak medallions	Shepherd's pie	Today's fish and chips	Turkey salad	Roast beef and gravy
	<b>Served with</b>	Rice or mash, Stir fried greens	Rice or congee, Beans, carrots	Rice or mash, Sesame mixed greens	Rice, Carrots, broccoli	Rice or chips, Peas, carrots	Rice or congee, Beans, carrot	Rice or potato, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	Pear galette	Tiramisu	Bread and butter pudding	Lemon cheesecake	Old-fashioned apple pie	Pear crumble	Golden syrup umplings
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Split pea and vegetable	Mushroom	Tomato and capsicum	Carrot and ginger	Pumpkin and sweet potato	Chicken and vegetable	Zucchini
	<b>Main choice 1</b>	Char siu pork (BBQ pork)	Orange-glazed chicken	Bo luc lac (Vietnamese shaking beef)	Pad krapow gai (spicy Thai basil chicken)	Caramel pork	Honey soy beef	Chinese chicken drumsticks
	<b>Main choice 2</b>	Beef stoganoff	Mediterranean lamb	Fish bites	Apricot chicken	Lasagne	Sausage gnocci	Baked chicken
	<b>Served with</b>	Mash, broccoli and carrots	Brussel sprouts, pumpkin and potato	Green beans, carrot and chips	Asian greens	Broccoli and cauliflower	Seasonal Asian greens	Sweet potato and beans
	<b>Dessert</b>	Black Forest cake	Cinnamon apple turnover	Eton mess	White chocolate and raspberry cake	Duo chocolate custard pots	Rhubarb and vanilla baked custard	Jelly cake
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Jun 15	Tuesday Jun 16	Wednesday Jun 17	Thursday Jun 18	Friday Jun 19	Saturday Jun 20	Sunday Jun 21
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	Beef pho noodle	Pork wonton noodle	Prawn pho	Lemongrass chicken w/ Nuoc cham	CA KHO TO (Vietnamese braised fish)	Wonton soup	Bo luc lac (Vietnamese shaking beef)
	<b>Main choice 2</b>	Ravioli	KFC chicken	Roast lamb w/ lemon, garlic and rosemary	Mixed grill	Fish of the day	Traditional moussaka	Roast pork with apple sauce
	<b>Served with</b>	Rice or congee, Stir fried greens	Rice or chips, Beans, carrots	Rice or potato, Sesame mixed greens	Rice or mash, Sweet potato, broccoli	Rice or chips, Peas and carrots	Rice or congee, Green beans and carrot	Rice or congee, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	White chocolate cheesecake with mixed berries	Ice cream	Orange chiffon cake	Spiced fruit salad	Mango fool	Self-saucing chocolate pudding	Banana sundae
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Autumn vegetable with basil pesto	Green bean and fetta	Pumpkin and coconut	Potato and spinach	Cream of tomato	Broccoli and cauliflower	Heart bean and pasta
	<b>Main choice 1</b>	Lemongrass chicken w/nuoc cham	Kaeng Panang nua (Penang beef curry)	Thit kho (Vietnamese braised pork with egg)	Roast duck	Hoisin beef	Chicken chop suey	Moo shu pork
	<b>Main choice 2</b>	Tofu curry	Grilled chicken with mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Quiche	Grilled barramundi
	<b>Served with</b>	Broccoli and carrots	Steamed greens	Sweet potato and cauliflower	Carrot, rice and broccoli	Steamed mixed greens	Medley of vegetables	Broccoli and carrots
	<b>Dessert</b>	Stawberry cobbler	Apple crumble	Steamed chocolate pudding	Pina colada bars	Baked apricot custard	Sponge cake	Trifle
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Jun 22	Tuesday Jun 23	Wednesday Jun 24	Thursday Jun 25	Friday Jun 26	Saturday Jun 27	Sunday Jun 28
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Pork belly	Beef Pho noodle	Cantonese chicken	Vietnamrese pork and prawn clear noodle soup	Ginger garlic baked salmon	Pho ga (Chicken pho)	Thit kho (Vietnamese braised pork with egg)
	<b>Main choice 2</b>	Fish cake	Chicken kiev	Spaghetti bolognese	Sausages	Today's fish	Quiche	Roasted pork
	<b>Served with</b>	Rice or mash, Crunch salad with sesame dressing	Rice or congee, Carrot and zucchini	Rice, Sweet potato and broccoli	Rice or mash, Cauliflower and peas	Rice or chips, Mixed salad/veg	Rice or congee, Broccoli, carrots	Rice or potato, Peas, pumpkin
	<b>Dessert</b>	Lemon self-saucing pudding	Jam roolly-polly	Red velvet cake	Venetian rice pudding	Crème caramel	Boston cream cake	Baked custard w/ poached fruits
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Chicken laksa	Caramelised onion and parsnip	Mexican tomato soup	Broccoli	Moroccan chickpea	Potato and bacon	Minestrone
	<b>Main choice 1</b>	Bo kho (beef stew)	Glazed Barramundi	Bun Cha Gio Chay (Vietnamese noodles with spring rolls)	Bun cha gio choy (noodle bowl)	Butter chicken	Duck red curry	CA KHO TO (Vietnamese braised fish)
	<b>Main choice 2</b>	Pork meatballs	Special fried rice with egg	Vegetable casserole	Roast chicken	Corned beef with parsley sauce	Lasagne	Meatloaf
	<b>Served with</b>	Carrots and green beans	Seasonal Asian veg	broccoli and carrots	Beetroot, pumpkin	Broccoli, cauliflower	Zucchini, sweet potato	peas, corn
	<b>Dessert</b>	Spiced apple and custard	Sticky date pudding	Cherry clafoutis	Chocolate ripple cake	Blueberry cheesecake	Banana caramel pudding	Lemon curd w/ meringue
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Jun 29	Tuesday Jun 30	Wednesday Jul 01	Thursday Jul 02	Friday Jul 03	Saturday Jul 04	Sunday Jul 05
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	BÚN RIÊU CHAY (Vegetarian tomato noodle soup)	Glazed honey soy roast chicken	Caramel pork	Bún Thang (Noodle soup w/ chicken, pork and egg)	Braised and caramelised catfish	San choy bow	Thai beef
	<b>Main choice 2</b>	Creamy garlic prawns	Seasoned roast chicken	Beef kofta curry	Lamb cutlets with onion and marmalade	Today's fish	Turkey and cranberry meatloaf	Roast pork w/ apple sauce
	<b>Served with</b>	Rice or mash, Broccoli and cauliflower	Rice or congee, Mixed vegetables	Rice or mash, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice or chips, Peas and pumpkin	Rice or congee, Chilli mango pieces	Rice or potato, Veg medley
	<b>Dessert</b>	Apple sago pudding	Pavlova w/ cream and fruits	Carmel mud cake	Upside-down pineapple cake	Vanilla pannacotta	Baked rice pudding	Plumb cobbler
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Cream of pumpkin	Chicken and corn	Red lenti , burghul and mint	Italian sausage and vegetable	Peas and ham	Lemon chicken	Leek and potato
	<b>Main choice 1</b>	Sticky mango pork	Beef satay	Karaage chicken	Five spiced lamb	Peking duck	S??n N??ng (grilled pork chops)	Canh ga chien nuoc mam (Vietnamese fish sauce with chicken wings)
	<b>Main choice 2</b>	Beef croquettes	Lamb and veg curry	Fish bites	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	<b>Served with</b>	Beans, carrots	Seasonal Asian veg	Mixed seasonal vegetables	Beetroot and cauliflower	Roast mixed vegetables	Peas, pumpkin	Vermicelli noodles salad
	<b>Dessert</b>	Upside down peach cake	Chocolate baked cheesecake	Plum and custard turnovers	Stone fruit crostata	Lemon magic cake	Tiramasu	Sweetened red bean soup
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Jul 06	Tuesday Jul 07	Wednesday Jul 08	Thursday Jul 09	Friday Jul 10	Saturday Jul 11	Sunday Jul 12
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Chicken pho	Combination stir fry	Bun rieu (Shrimp noodle soup)	Pork belly	Tumeric and dill fish	Pad Thai w/ chicken	BBQ pork
	<b>Main choice 2</b>	Baked salmon	Chicken cacciatore	Steak medallions	Shepherd's pie	Today's fish and chips	Turkey salad	Roast beef and gravy
	<b>Served with</b>	Rice or mash, Stir fried greens	Rice or congee, Beans, carrots	Rice or mash, Sesame mixed greens	Rice, Carrots, broccoli	Rice or chips, Peas, carrots	Rice or congee, Beans, carrot	Rice or potato, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	Pear galette	Tiramisu	Bread and butter pudding	Lemon cheesecake	Old-fashioned apple pie	Pear crumble	Golden syrup umplings
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Split pea and vegetable	Mushroom	Tomato and capsicum	Carrot and ginger	Pumpkin and sweet potato	Chicken and vegetable	Zucchini
	<b>Main choice 1</b>	Char siu pork (BBQ pork)	Orange-glazed chicken	Bo luc lac (Vietnamese shaking beef)	Pad krapow gai (spicy Thai basil chicken)	Caramel pork	Honey soy beef	Chinese chicken drumsticks
	<b>Main choice 2</b>	Beef stoganoff	Mediterranean lamb	Fish bites	Apricot chicken	Lasagne	Sausage gnocci	Baked chicken
	<b>Served with</b>	Mash, broccoli and carrots	Brussel sprouts, pumpkin and potato	Green beans, carrot and chips	Asian greens	Broccoli and cauliflower	Seasonal Asian greens	Sweet potato and beans
	<b>Dessert</b>	Black Forest cake	Cinnamon apple turnover	Eton mess	White chocolate and raspberry cake	Duo chocolate custard pots	Rhubarb and vanilla baked custard	Jelly cake
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Jul 13	Tuesday Jul 14	Wednesday Jul 15	Thursday Jul 16	Friday Jul 17	Saturday Jul 18	Sunday Jul 19
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	Beef pho noodle	Pork wonton noodle	Prawn pho	Lemongrass chicken w/ Nuoc cham	CA KHO TO (Vietnamese braised fish)	Wonton soup	Bo luc lac (Vietnamese shaking beef)
	<b>Main choice 2</b>	Ravioli	KFC chicken	Roast lamb w/ lemon, garlic and rosemary	Mixed grill	Fish of the day	Traditional moussaka	Roast pork with apple sauce
	<b>Served with</b>	Rice or congee, Stir fried greens	Rice or chips, Beans, carrots	Rice or potato, Sesame mixed greens	Rice or mash, Sweet potato, broccoli	Rice or chips, Peas and carrots	Rice or congee, Green beans and carrot	Rice or congee, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	White chocolate cheesecake with mixed berries	Ice cream	Orange chiffon cake	Spiced fruit salad	Mango fool	Self-saucing chocolate pudding	Banana sundae
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Autumn vegetable with basil pesto	Green bean and fetta	Pumpkin and coconut	Potato and spinach	Cream of tomato	Broccoli and cauliflower	Heart bean and pasta
	<b>Main choice 1</b>	Lemongrass chicken w/nuoc cham	Kaeng Panang nua (Penang beef curry)	Thit kho (Vietnamese braised pork with egg)	Roast duck	Hoisin beef	Chicken chop suey	Moo shu pork
	<b>Main choice 2</b>	Tofu curry	Grilled chicken with mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Quiche	Grilled barramundi
	<b>Served with</b>	Broccoli and carrots	Steamed greens	Sweet potato and cauliflower	Carrot, rice and broccoli	Steamed mixed greens	Medley of vegetables	Broccoli and carrots
	<b>Dessert</b>	Stawberry cobbler	Apple crumble	Steamed chocolate pudding	Pina colada bars	Baked apricot custard	Sponge cake	Trifle
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Jul 20	Tuesday Jul 21	Wednesday Jul 22	Thursday Jul 23	Friday Jul 24	Saturday Jul 25	Sunday Jul 26
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Pork belly	Beef Pho noodle	Cantonese chicken	Vietnamrese pork and prawn clear noodle soup	Ginger garlic baked salmon	Pho ga (Chicken pho)	Thit kho (Vietnamese braised pork with egg)
	<b>Main choice 2</b>	Fish cake	Chicken kiev	Spaghetti bolognese	Sausages	Today's fish	Quiche	Roasted pork
	<b>Served with</b>	Rice or mash, Crunch salad with sesame dressing	Rice or congee, Carrot and zucchini	Rice, Sweet potato and broccoli	Rice or mash, Cauliflower and peas	Rice or chips, Mixed salad/veg	Rice or congee, Broccoli, carrots	Rice or potato, Peas, pumpkin
	<b>Dessert</b>	Lemon self-saucing pudding	Jam roly-polly	Red velvet cake	Venetian rice pudding	Crème caramel	Boston cream cake	Baked custard w/ poached fruits
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Chicken laksa	Caramelised onion and parsnip	Mexican tomato soup	Broccoli	Moroccan chickpea	Potato and bacon	Minestrone
	<b>Main choice 1</b>	Bo kho (beef stew)	Glazed Barramundi	Bun Cha Gio Chay (Vietnamese noodles with spring rolls)	Bun cha gio choy (noodle bowl)	Butter chicken	Duck red curry	CA KHO TO (Vietnamese braised fish)
	<b>Main choice 2</b>	Pork meatballs	Special fried rice with egg	Vegetable casserole	Roast chicken	Corned beef with parsley sauce	Lasagne	Meatloaf
	<b>Served with</b>	Carrots and green beans	Seasonal Asian veg	broccoli and carrots	Beetroot, pumpkin	Broccoli, cauliflower	Zucchini, sweet potato	peas, corn
	<b>Dessert</b>	Spiced apple and custard	Sticky date pudding	Cherry clafoutis	Chocolate ripple cake	Blueberry cheesecake	Banana caramel pudding	Lemon curd w/ meringue
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Jul 27	Tuesday Jul 28	Wednesday Jul 29	Thursday Jul 30	Friday Jul 31	Saturday Aug 01	Sunday Aug 02
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	BÚN RIÊU CHAY (Vegetarian tomato noodle soup)	Glazed honey soy roast chicken	Caramel pork	Bún Thang (Noodle soup w/ chicken, pork and egg)	Braised and caramelised catfish	San choy bow	Thai beef
	<b>Main choice 2</b>	Creamy garlic prawns	Seasoned roast chicken	Beef kofta curry	Lamb cutlets with onion and marmalade	Today's fish	Turkey and cranberry meatloaf	Roast pork w/ apple sauce
	<b>Served with</b>	Rice or mash, Broccoli and cauliflower	Rice or congee, Mixed vegetables	Rice or mash, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice or chips, Peas and pumpkin	Rice or congee, Chilli mango pieces	Rice or potato, Veg medley
	<b>Dessert</b>	Apple sago pudding	Pavlova w/ cream and fruits	Carmel mud cake	Upside-down pineapple cake	Vanilla pannacotta	Baked rice pudding	Plumb cobbler
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Cream of pumpkin	Chicken and corn	Red lenti , burghul and mint	Italian sausage and vegetable	Peas and ham	Lemon chicken	Leek and potato
	<b>Main choice 1</b>	Sticky mango pork	Beef satay	Karaage chicken	Five spiced lamb	Peking duck	Sườn Nướng (grilled pork chops)	Canh ga chien nuoc mam (Vietnamese fish sauce with chicken wings)
	<b>Main choice 2</b>	Beef croquettes	Lamb and veg curry	Fish bites	Spinach and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	<b>Served with</b>	Beans, carrots	Seasonal Asian veg	Mixed seasonal vegetables	Beetroot and cauliflower	Roast mixed vegetables	Peas, pumpkin	Vermicelli noodles salad
	<b>Dessert</b>	Upside down peach cake	Chocolate baked cheesecake	Plum and custard turnovers	Stone fruit crostata	Lemon magic cake	Tiramisu	Sweetened red bean soup
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Aug 03	Tuesday Aug 04	Wednesday Aug 05	Thursday Aug 06	Friday Aug 07	Saturday Aug 08	Sunday Aug 09
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Chicken pho	Combination stir fry	Bun rieu (Shrimp noodle soup)	Pork belly	Tumeric and dill fish	Pad Thai w/ chicken	BBQ pork
	<b>Main choice 2</b>	Baked salmon	Chicken cacciatore	Steak medallions	Shepherd's pie	Today's fish and chips	Turkey salad	Roast beef and gravy
	<b>Served with</b>	Rice or mash, Stir fried greens	Rice or congee, Beans, carrots	Rice or mash, Sesame mixed greens	Rice, Carrots, broccoli	Rice or chips, Peas, carrots	Rice or congee, Beans, carrot	Rice or potato, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	Pear galette	Tiramasu	Bread and butter pudding	Lemon cheesecake	Old-fashioned apple pie	Pear crumble	Golden syrup umplings
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Split pea and vegetable	Mushroom	Tomato and capsicum	Carrot and ginger	Pumpkin and sweet potato	Chicken and vegetable	Zucchini
	<b>Main choice 1</b>	Char siu pork (BBQ pork)	Orange-glazed chicken	Bo luc lac (Vietnamese shaking beef)	Pad krapow gai (spicy Thai basil chicken)	Caramel pork	Honey soy beef	Chinese chicken drumsticks
	<b>Main choice 2</b>	Beef stoganoff	Mediteranean lamb	Fish bites	Apricot chicken	Lasagne	Sausage gnocci	Baked chicken
	<b>Served with</b>	Mash, broccoli and carrots	Brussel sprouts, pumpkin and potato	Green beans, carrot and chips	Asian greens	Broccoli and cauliflower	Seasonal Asian greens	Sweet potato and beans
	<b>Dessert</b>	Black Forest cake	Cinnamon apple turnover	Eton mess	White chocolate and raspberry cake	Duo chocolate custard pots	Rhubard and vanilla baked custard	Jelly cake
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Aug 10	Tuesday Aug 11	Wednesday Aug 12	Thursday Aug 13	Friday Aug 14	Saturday Aug 15	Sunday Aug 16
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	Beef pho noodle	Pork wonton noodle	Prawn pho	Lemongrass chicken w/ Nuoc cham	CA KHO TO (Vietnamese braised fish)	Wonton soup	Bo luc lac (Vietnamese shaking beef)
	<b>Main choice 2</b>	Ravioli	KFC chicken	Roast lamb w/ lemon, garlic and rosemary	Mixed grill	Fish of the day	Traditional moussaka	Roast pork with apple sauce
	<b>Served with</b>	Rice or congee, Stir fried greens	Rice or chips, Beans, carrots	Rice or potato, Sesame mixed greens	Rice or mash, Sweet potato, broccoli	Rice or chips, Peas and carrots	Rice or congee, Green beans and carrot	Rice or congee, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	White chocolate cheesecake with mixed berries	Ice cream	Orange chiffon cake	Spiced fruit salad	Mango fool	Self-saucing chocolate pudding	Banana sundae
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Autumn vegetable with basil pesto	Green bean and fetta	Pumpkin and coconut	Potato and spinach	Cream of tomato	Broccoli and cauliflower	Heart bean and pasta
	<b>Main choice 1</b>	Lemongrass chicken w/nuoc cham	Kaeng Panang nua (Penang beef curry)	Thit kho (Vietnamese braised pork with egg)	Roast duck	Hoisin beef	Chicken chop suey	Moo shu pork
	<b>Main choice 2</b>	Tofu curry	Grilled chicken with mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Quiche	Grilled barramundi
	<b>Served with</b>	Broccoli and carrots	Steamed greens	Sweet potato and cauliflower	Carrot, rice and broccoli	Steamed mixed greens	Medley of vegetables	Broccoli and carrots
	<b>Dessert</b>	Stawberry cobbler	Apple crumble	Steamed chocolate pudding	Pina colada bars	Baked apricot custard	Sponge cake	Trifle
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Aug 17	Tuesday Aug 18	Wednesday Aug 19	Thursday Aug 20	Friday Aug 21	Saturday Aug 22	Sunday Aug 23
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Pork belly	Beef Pho noodle	Cantonese chicken	Vietnamrese pork and prawn clear noodle soup	Ginger garlic baked salmon	Pho ga (Chicken pho)	Thit kho (Vietnamese braised pork with egg)
	<b>Main choice 2</b>	Fish cake	Chicken kiev	Spaghetti bolognaise	Sausages	Today's fish	Quiche	Roasted pork
	<b>Served with</b>	Rice or mash, Crunch salad with sesame dressing	Rice or congee, Carrot and zucchini	Rice, Sweet potato and broccoli	Rice or mash, Cauliflower and peas	Rice or chips, Mixed salad/veg	Rice or congee, Broccoli, carrots	Rice or potato, Peas, pumpkin
	<b>Dessert</b>	Lemon self-saucing pudding	Jam roolly-polly	Red velvet cake	Venetian rice pudding	Crème caramel	Boston cream cake	Baked custard w/ poached fruits
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Chicken laksa	Caramelised onion and parsnip	Mexican tomato soup	Broccoli	Morroccan chickpea	Potato and bacon	Minestrone
	<b>Main choice 1</b>	Bo kho (beef stew)	Glazed Barramundi	Bun Cha Gio Chay (Vietnamese noodles with spring rolls)	Bun cha gio choy (noodle bowl)	Butter chicken	Duck red curry	CA KHO TO (Vietnamese braised fish)
	<b>Main choice 2</b>	Pork meatballs	Special fried rice with egg	Vegetable casserole	Roast chicken	Corned beef with parsley sauce	Lasagne	Meatloaf
	<b>Served with</b>	Carrots and green beans	Seasonal Asian veg	broccoli and carrots	Beetroot, pumpkin	Broccoli, cauliflower	Zucchini, sweet potato	peas, corn
	<b>Dessert</b>	Spiced apple and custard	Sticky date pudding	Cherry clafoutis	Chocolate ripple cake	Blueberry cheesecake	Banana caramel pudding	Lemon curd w/ meringue
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Aug 24	Tuesday Aug 25	Wednesday Aug 26	Thursday Aug 27	Friday Aug 28	Saturday Aug 29	Sunday Aug 30
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	BÚN RIÊU CHAY (Vegetarian tomato noodle soup)	Glazed honey soy roast chicken	Caramel pork	Bún Thang (Noodle soup w/ chicken, pork and egg)	Braised and caramelised catfish	San choy bow	Thai beef
	<b>Main choice 2</b>	Creamy garlic prawns	Seasoned roast chicken	Beef kofta curry	Lamb cutlets with onion and marmalade	Today's fish	Turkey and cranberry meatloaf	Roast pork w/ apple sauce
	<b>Served with</b>	Rice or mash, Broccoli and cauliflower	Rice or congee, Mixed vegetables	Rice or mash, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice or chips, Peas and pumpkin	Rice or congee, Chilli mango pieces	Rice or potato, Veg medley
	<b>Dessert</b>	Apple sago pudding	Pavlova w/ cream and fruits	Carmel mud cake	Upside-down pineapple cake	Vanilla pannacotta	Baked rice pudding	Plumb cobbler
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Cream of pumpkin	Chicken and corn	Red lenti , burghul and mint	Italian sausage and vegetable	Peas and ham	Lemon chicken	Leek and potato
	<b>Main choice 1</b>	Sticky mango pork	Beef satay	Karaage chicken	Five spiced lamb	Peking duck	S??n N??ng (grilled pork chops)	Canh ga chien nuoc mam (Vietnamese fish sauce with chicken wings)
	<b>Main choice 2</b>	Beef croquettes	Lamb and veg curry	Fish bites	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	<b>Served with</b>	Beans, carrots	Seasonal Asian veg	Mixed seasonal vegetables	Beetroot and cauliflower	Roast mixed vegetables	Peas, pumpkin	Vermicelli noodles salad
	<b>Dessert</b>	Upside down peach cake	Chocolate baked cheesecake	Plum and custard turnovers	Stone fruit crostata	Lemon magic cake	Tiramasu	Sweetened red bean soup
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Aug 31	Tuesday Sep 01	Wednesday Sep 02	Thursday Sep 03	Friday Sep 04	Saturday Sep 05	Sunday Sep 06
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Chicken pho	Combination stir fry	Bun rieu (Shrimp noodle soup)	Pork belly	Tumeric and dill fish	Pad Thai w/ chicken	BBQ pork
	<b>Main choice 2</b>	Baked salmon	Chicken cacciatore	Steak medallions	Shepherd's pie	Today's fish and chips	Turkey salad	Roast beef and gravy
	<b>Served with</b>	Rice or mash, Stir fried greens	Rice or congee, Beans, carrots	Rice or mash, Sesame mixed greens	Rice, Carrots, broccoli	Rice or chips, Peas, carrots	Rice or congee, Beans, carrot	Rice or potato, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	Pear galette	Tiramasu	Bread and butter pudding	Lemon cheesecake	Old-fashioned apple pie	Pear crumble	Golden syrup umplings
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Split pea and vegetable	Mushroom	Tomato and capsicum	Carrot and ginger	Pumpkin and sweet potato	Chicken and vegetable	Zucchini
	<b>Main choice 1</b>	Char siu pork (BBQ pork)	Orange-glazed chicken	Bo luc lac (Vietnamese shaking beef)	Pad krapow gai (spicy Thai basil chicken)	Caramel pork	Honey soy beef	Chinese chicken drumsticks
	<b>Main choice 2</b>	Beef stoganoff	Mediteranean lamb	Fish bites	Apricot chicken	Lasagne	Sausage gnocci	Baked chicken
	<b>Served with</b>	Mash, broccoli and carrots	Brussel sprouts, pumpkin and potato	Green beans, carrot and chips	Asian greens	Broccoli and cauliflower	Seasonal Asian greens	Sweet potato and beans
	<b>Dessert</b>	Black Forest cake	Cinnamon apple turnover	Eton mess	White chocolate and raspberry cake	Duo chocolate custard pots	Rhubard and vanilla baked custard	Jelly cake
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Sep 07	Tuesday Sep 08	Wednesday Sep 09	Thursday Sep 10	Friday Sep 11	Saturday Sep 12	Sunday Sep 13
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	Beef pho noodle	Pork wonton noodle	Prawn pho	Lemongrass chicken w/ Nuoc cham	CA KHO TO (Vietnamese braised fish)	Wonton soup	Bo luc lac (Vietnamese shaking beef)
	<b>Main choice 2</b>	Ravioli	KFC chicken	Roast lamb w/ lemon, garlic and rosemary	Mixed grill	Fish of the day	Traditional moussaka	Roast pork with apple sauce
	<b>Served with</b>	Rice or congee, Stir fried greens	Rice or chips, Beans, carrots	Rice or potato, Sesame mixed greens	Rice or mash, Sweet potato, broccoli	Rice or chips, Peas and carrots	Rice or congee, Green beans and carrot	Rice or congee, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	White chocolate cheesecake with mixed berries	Ice cream	Orange chiffon cake	Spiced fruit salad	Mango fool	Self-saucing chocolate pudding	Banana sundae
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Autumn vegetable with basil pesto	Green bean and fetta	Pumpkin and coconut	Potato and spinach	Cream of tomato	Broccoli and cauliflower	Heart bean and pasta
	<b>Main choice 1</b>	Lemongrass chicken w/nuoc cham	Kaeng Panang nua (Penang beef curry)	Thit kho (Vietnamese braised pork with egg)	Roast duck	Hoisin beef	Chicken chop suey	Moo shu pork
	<b>Main choice 2</b>	Tofu curry	Grilled chicken with mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Quiche	Grilled barramundi
	<b>Served with</b>	Broccoli and carrots	Steamed greens	Sweet potato and cauliflower	Carrot, rice and broccoli	Steamed mixed greens	Medley of vegetables	Broccoli and carrots
	<b>Dessert</b>	Stawberry cobbler	Apple crumble	Steamed chocolate pudding	Pina colada bars	Baked apricot custard	Sponge cake	Trifle
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Sep 14	Tuesday Sep 15	Wednesday Sep 16	Thursday Sep 17	Friday Sep 18	Saturday Sep 19	Sunday Sep 20
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Pork belly	Beef Pho noodle	Cantonese chicken	Vietnamrese pork and prawn clear noodle soup	Ginger garlic baked salmon	Pho ga (Chicken pho)	Thit kho (Vietnamese braised pork with egg)
	<b>Main choice 2</b>	Fish cake	Chicken kiev	Spaghetti bolognaise	Sausages	Today's fish	Quiche	Roasted pork
	<b>Served with</b>	Rice or mash, Crunch salad with sesame dressing	Rice or congee, Carrot and zucchini	Rice, Sweet potato and broccoli	Rice or mash, Cauliflower and peas	Rice or chips, Mixed salad/veg	Rice or congee, Broccoli, carrots	Rice or potato, Peas, pumpkin
	<b>Dessert</b>	Lemon self-saucing pudding	Jam roly-polly	Red velvet cake	Venetian rice pudding	Crème caramel	Boston cream cake	Baked custard w/ poached fruits
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Chicken laksa	Caramelised onion and parsnip	Mexican tomato soup	Broccoli	Moroccan chickpea	Potato and bacon	Minestrone
	<b>Main choice 1</b>	Bo kho (beef stew)	Glazed Barramundi	Bun Cha Gio Chay (Vietnamese noodles with spring rolls)	Bun cha gio choy (noodle bowl)	Butter chicken	Duck red curry	CA KHO TO (Vietnamese braised fish)
	<b>Main choice 2</b>	Pork meatballs	Special fried rice with egg	Vegetable casserole	Roast chicken	Corned beef with parsley sauce	Lasagne	Meatloaf
	<b>Served with</b>	Carrots and green beans	Seasonal Asian veg	broccoli and carrots	Beetroot, pumpkin	Broccoli, cauliflower	Zucchini, sweet potato	peas, corn
	<b>Dessert</b>	Spiced apple and custard	Sticky date pudding	Cherry clafoutis	Chocolate ripple cake	Blueberry cheesecake	Banana caramel pudding	Lemon curd w/ meringue
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Sep 21	Tuesday Sep 22	Wednesday Sep 23	Thursday Sep 24	Friday Sep 25	Saturday Sep 26	Sunday Sep 27
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	BÚN RIÊU CHAY (Vegetarian tomato noodle soup)	Glazed honey soy roast chicken	Caramel pork	Bún Thang (Noodle soup w/ chicken, pork and egg)	Braised and caramelised catfish	San choy bow	Thai beef
	<b>Main choice 2</b>	Creamy garlic prawns	Seasoned roast chicken	Beef kofta curry	Lamb cutlets with onion and marmalade	Today's fish	Turkey and cranberry meatloaf	Roast pork w/ apple sauce
	<b>Served with</b>	Rice or mash, Broccoli and cauliflower	Rice or congee, Mixed vegetables	Rice or mash, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice or chips, Peas and pumpkin	Rice or congee, Chilli mango pieces	Rice or potato, Veg medley
	<b>Dessert</b>	Apple sago pudding	Pavlova w/ cream and fruits	Carmel mud cake	Upside-down pineapple cake	Vanilla pannacotta	Baked rice pudding	Plumb cobbler
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Cream of pumpkin	Chicken and corn	Red lenti , burghul and mint	Italian sausage and vegetable	Peas and ham	Lemon chicken	Leek and potato
	<b>Main choice 1</b>	Sticky mango pork	Beef satay	Karaage chicken	Five spiced lamb	Peking duck	S??n N??ng (grilled pork chops)	Canh ga chien nuoc mam (Vietnamese fish sauce with chicken wings)
	<b>Main choice 2</b>	Beef croquettes	Lamb and veg curry	Fish bites	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	<b>Served with</b>	Beans, carrots	Seasonal Asian veg	Mixed seasonal vegetables	Beetroot and cauliflower	Roast mixed vegetables	Peas, pumpkin	Vermicelli noodles salad
	<b>Dessert</b>	Upside down peach cake	Chocolate baked cheesecake	Plum and custard turnovers	Stone fruit crostata	Lemon magic cake	Tiramasu	Sweetened red bean soup
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Sep 28	Tuesday Sep 29	Wednesday Sep 30	Thursday Oct 01	Friday Oct 02	Saturday Oct 03	Sunday Oct 04
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Chicken pho	Combination stir fry	Bun rieu (Shrimp noodle soup)	Pork belly	Tumeric and dill fish	Pad Thai w/ chicken	BBQ pork
	<b>Main choice 2</b>	Baked salmon	Chicken cacciatore	Steak medallions	Shepherd's pie	Today's fish and chips	Turkey salad	Roast beef and gravy
	<b>Served with</b>	Rice or mash, Stir fried greens	Rice or congee, Beans, carrots	Rice or mash, Sesame mixed greens	Rice, Carrots, broccoli	Rice or chips, Peas, carrots	Rice or congee, Beans, carrot	Rice or potato, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	Pear galette	Tiramisu	Bread and butter pudding	Lemon cheesecake	Old-fashioned apple pie	Pear crumble	Golden syrup umplings
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Split pea and vegetable	Mushroom	Tomato and capsicum	Carrot and ginger	Pumpkin and sweet potato	Chicken and vegetable	Zucchini
	<b>Main choice 1</b>	Char siu pork (BBQ pork)	Orange-glazed chicken	Bo luc lac (Vietnamese shaking beef)	Pad krapow gai (spicy Thai basil chicken)	Caramel pork	Honey soy beef	Chinese chicken drumsticks
	<b>Main choice 2</b>	Beef stroganoff	Mediterranean lamb	Fish bites	Apricot chicken	Lasagne	Sausage gnocci	Baked chicken
	<b>Served with</b>	Mash, broccoli and carrots	Brussel sprouts, pumpkin and potato	Green beans, carrot and chips	Asian greens	Broccoli and cauliflower	Seasonal Asian greens	Sweet potato and beans
	<b>Dessert</b>	Black Forest cake	Cinnamon apple turnover	Eton mess	White chocolate and raspberry cake	Duo chocolate custard pots	Rhubarb and vanilla baked custard	Jelly cake
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Oct 05	Tuesday Oct 06	Wednesday Oct 07	Thursday Oct 08	Friday Oct 09	Saturday Oct 10	Sunday Oct 11
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	Beef pho noodle	Pork wonton noodle	Prawn pho	Lemongrass chicken w/ Nuoc cham	CA KHO TO (Vietnamese braised fish)	Wonton soup	Bo luc lac (Vietnamese shaking beef)
	<b>Main choice 2</b>	Ravioli	KFC chicken	Roast lamb w/ lemon, garlic and rosemary	Mixed grill	Fish of the day	Traditional moussaka	Roast pork with apple sauce
	<b>Served with</b>	Rice or congee, Stir fried greens	Rice or chips, Beans, carrots	Rice or potato, Sesame mixed greens	Rice or mash, Sweet potato, broccoli	Rice or chips, Peas and carrots	Rice or congee, Green beans and carrot	Rice or congee, Roast pumpkin, bok choy and cauliflower
	<b>Dessert</b>	White chocolate cheesecake with mixed berries	Ice cream	Orange chiffon cake	Spiced fruit salad	Mango fool	Self-saucing chocolate pudding	Banana sundae
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Autumn vegetable with basil pesto	Green bean and fetta	Pumpkin and coconut	Potato and spinach	Cream of tomato	Broccoli and cauliflower	Heart bean and pasta
	<b>Main choice 1</b>	Lemongrass chicken w/nuoc cham	Kaeng Panang nua (Penang beef curry)	Thit kho (Vietnamese braised pork with egg)	Roast duck	Hoisin beef	Chicken chop suey	Moo shu pork
	<b>Main choice 2</b>	Tofu curry	Grilled chicken with mango salsa	Thai pork	Beef croquettes	Creamy chicken pasta	Quiche	Grilled barramundi
	<b>Served with</b>	Broccoli and carrots	Steamed greens	Sweet potato and cauliflower	Carrot, rice and broccoli	Steamed mixed greens	Medley of vegetables	Broccoli and carrots
	<b>Dessert</b>	Stawberry cobbler	Apple crumble	Steamed chocolate pudding	Pina colada bars	Baked apricot custard	Sponge cake	Trifle
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Oct 12	Tuesday Oct 13	Wednesday Oct 14	Thursday Oct 15	Friday Oct 16	Saturday Oct 17	Sunday Oct 18
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Lunch</b>	<b>Main choice 1</b>	Pork belly	Beef Pho noodle	Cantonese chicken	Vietnamrese pork and prawn clear noodle soup	Ginger garlic baked salmon	Pho ga (Chicken pho)	Thit kho (Vietnamese braised pork with egg)
	<b>Main choice 2</b>	Fish cake	Chicken kiev	Spaghetti bolognese	Sausages	Today's fish	Quiche	Roasted pork
	<b>Served with</b>	Rice or mash, Crunch salad with sesame dressing	Rice or congee, Carrot and zucchini	Rice, Sweet potato and broccoli	Rice or mash, Cauliflower and peas	Rice or chips, Mixed salad/veg	Rice or congee, Broccoli, carrots	Rice or potato, Peas, pumpkin
	<b>Dessert</b>	Lemon self-saucing pudding	Jam roly-polly	Red velvet cake	Venetian rice pudding	Crème caramel	Boston cream cake	Baked custard w/ poached fruits
<b>Afternoon tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Dinner</b>	<b>Soup</b>	Chicken laksa	Caramelised onion and parsnip	Mexican tomato soup	Broccoli	Moroccan chickpea	Potato and bacon	Minestrone
	<b>Main choice 1</b>	Bo kho (beef stew)	Glazed Barramundi	Bun Cha Gio Chay (Vietnamese noodles with spring rolls)	Bun cha gio choy (noodle bowl)	Butter chicken	Duck red curry	CA KHO TO (Vietnamese braised fish)
	<b>Main choice 2</b>	Pork meatballs	Special fried rice with egg	Vegetable casserole	Roast chicken	Corned beef with parsley sauce	Lasagne	Meatloaf
	<b>Served with</b>	Carrots and green beans	Seasonal Asian veg	broccoli and carrots	Beetroot, pumpkin	Broccoli, cauliflower	Zucchini, sweet potato	peas, corn
	<b>Dessert</b>	Spiced apple and custard	Sticky date pudding	Cherry clafoutis	Chocolate ripple cake	Blueberry cheesecake	Banana caramel pudding	Lemon curd w/ meringue
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese, and sandwiches.						

# Hello

# This is our Footscray menu.



		Monday Oct 19	Tuesday Oct 20	Wednesday Oct 21	Thursday Oct 22	Friday Oct 23	Saturday Oct 24	Sunday Oct 25
<b>Breakfast</b>		Choice of breakfast cereals, porridge, stewed fruit, yoghurt, toast, spreads, tea, coffee, juice, milk and milky drinks.						
<b>Morning tea</b>		Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball
<b>Lunch</b>	<b>Main choice 1</b>	BÚN RIÊU CHAY (Vegetarian tomato noodle soup)	Glazed honey soy roast chicken	Caramel pork	Bún Thang (Noodle soup w/ chicken, pork and egg)	Braised and caramelised catfish	San choy bow	Thai beef
	<b>Main choice 2</b>	Creamy garlic prawns	Seasoned roast chicken	Beef kofta curry	Lamb cutlets with onion and marmalade	Today's fish	Turkey and cranberry meatloaf	Roast pork w/ apple sauce
	<b>Served with</b>	Rice or mash, Broccoli and cauliflower	Rice or congee, Mixed vegetables	Rice or mash, Zucchini, carrot	Rice, Broccoli, pumpkin	Rice or chips, Peas and pumpkin	Rice or congee, Chilli mango pieces	Rice or potato, Veg medley
	<b>Dessert</b>	Apple sago pudding	Pavlova w/ cream and fruits	Carmel mud cake	Upside-down pineapple cake	Vanilla pannacotta	Baked rice pudding	Plumb cobbler
<b>Afternoon tea</b>		Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits	Yum Cha / beef meatball	Fresh fruits
<b>Dinner</b>	<b>Soup</b>	Cream of pumpkin	Chicken and corn	Red lenti , burghul and mint	Italian sausage and vegetable	Peas and ham	Lemon chicken	Leek and potato
	<b>Main choice 1</b>	Sticky mango pork	Beef satay	Karaage chicken	Five spiced lamb	Peking duck	S??n N??ng (grilled pork chops)	Canh ga chien nuoc mam (Vietnamese fish sauce with chicken wings)
	<b>Main choice 2</b>	Beef croquettes	Lamb and veg curry	Fish bites	Spinch and ricotta cannelloni	Shepherd's pie	Mixed grill	Honey soy chicken
	<b>Served with</b>	Beans, carrots	Seasonal Asian veg	Mixed seasonal vegetables	Beetroot and cauliflower	Roast mixed vegetables	Peas, pumpkin	Vermicelli noodles salad
	<b>Dessert</b>	Upside down peach cake	Chocolate baked cheesecake	Plum and custard turnovers	Stone fruit crostata	Lemon magic cake	Tiramasu	Sweetened red bean soup
<b>Supper</b>		A selection of hot and cold beverages, sweet biscuits, biscuits and cheese and sandwiches.						