Week 1 Winter Menu

Breakfast

Daily - Eggs (scrambled, fried or poached), variety cereals, porridge, yoghurt, full cream milk, prunes, fruit & variety of toast
Sunday - Full cooked Hot Breakfast (rotation of Bacon, Chipolatas, Baked Beans, Mushrooms, Grilled Tomatoes & Hash Browns) + above

Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Tea	Lamingtons	**Facility's Choice Lunch**	Lemon Shortbread	White Chocolate & Raspberry Cake	Banana & Pear Muffins	Mini Sausage Rolls	Scones with Jam & Cream
Main 1	Chef's Fish of the Day		Honey Pepper Beef Riblets	Beef Lasagne	Seafood Basket with Chips	Shepherd's Pie	Roast Lamb with Mint Sauce, Roast Potato
Main 2	Irish Stew		Tuna Fish Cakes	Fish Pie	Quiche Lorraine with Sweet Potato	Ham & Pineapple Steak, Potato Scallop	Fettuccine Carbonara
Vegetarian	Zucchini & Corn Fritters		Haloumi & Chickpea Curry	Cheese & Chive Omelette	Quiche Lorraine with Sweet Potato	Vegetable & Chickpea Pattie	Spaghetti Napolitana with Cheese
Vegetables	Moroccan Carrots & Broccoli		Grilled Tomato & Coleslaw	Broccoli & Mixed Salad	Caesar Salad	Honey Carrots & Lemon Broccoli	Pumpkin & Garlic Beans
Salad	Greek		Ham & Egg	Roast Beef	Sweet Potato, Fetta & Beetroot	Egg	Tuna & Pasta
Dessert	Tiramisu		Semolina Cake in Syrup with Ice Cream	Apple & Rhubarb Crumble with Custard	Panna Cotta with Berry Coulis	Bread & Butter Pudding	Warm Sticky Date Cake with Ice Cream

Dinner

Soup	Chickpea	Beef & Barley	Chicken & Sweetcorn	Seafood Chowder	Tahini	Minestrone	Broccoli, Zucchini & Blue Cheese
Main 1	Asian Stir-Fried Chicken with Fried Rice	Gourmet Pizza	Lamb Ragu with Rigatoni Pasta	Sweet & Sour Popcorn Chicken with Rice	Southern Fried Chicken with Potato Mash	Roast Turkey with Cranberry Sauce	Honey Soy Battered Pork, Noodles
Main 2	Roast Pumpkin, Spinach & Feta Quiche	Chicken, Bacon & Mushroom Tart	Balinese Fried Rice with Chicken Satay Skewers	Pork & Celery Stew, Roast Potatoes	Spaghetti Bolognaise with Cheesy Garlic Bread	Tomato, Basil & Feta Quiche	Tomato & Cheese Croissant
Vegetarian	Roast Pumpkin, Spinach & Feta Quiche	Spinach & Ricotta Ravioli in Creamy White Sauce	Spinach & Feta Omelette	Cheesy Penne Pasta Bake	Tomato & Cheese Omelette	Tomato, Basil & Feta Quiche	Tomato & Cheese Croissant
Vegetables	Bok Choy, Cauliflower Fioretto	Pumpkin, Baby Beans & Salad	Carrot & Kale	Stir Fry Vegetables	Zucchini & Roast Carrots	Cheesy Cauliflower, Buttered Peas & Salad	Vegetable Medley & Salad
Dessert	Banana Fritter & Ice Cream	Apple Pie with Vanilla Custard	Fresh Fruit Salad & Yoghurt	Walnut Custard Cake	Pavlova with Mixed Berries	Lemon Cheesecake	Apple & Blueberry Crumble

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Week 2 Winter Menu

Breakfast

Daily - Eggs (scrambled, fried or poached), variety cereals, porridge, yoghurt, full cream milk, prunes, fruit & variety of toast
Sunday - Full cooked Hot Breakfast (rotation of Bacon, Chipolatas, Baked Beans, Mushrooms, Grilled Tomatoes & Hash Browns) + above

Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Tea	Party Pies	Peanut Butter Cookies	Red Velvet Cake	Chocolate Brownies	Carrot Cake	Spinach & Ricotta Rolls	Blueberry Muffins
Main 1	Grilled Chicken Thighs with Lemon & Mustard	Coconut Chicken Curry with Rice	Chicken Cacciatore Pasta	Oven Roasted Chicken, Potato Mash	Battered Fish with Chips	Butter Chicken with Rice	Roast Pork with Apple Sauce
Main 2	Beef Meatballs with Sweet Chilli Sauce	Prawn & Bacon Linguine Pasta	Lamb & Artichoke Stew, Baked Potatoes	Spinach & Feta Pie (Spanakopita)	Mediterranean Style Quiche Lorraine, Sweet Potato	Beef Bourguignon with Roast Potatoes	Chicken Stroganoff
Vegetarian	Cheese & Chive Omelette	Vegetable Pattie with Tomato Relish & Cheese	Sweet Potato Croquettes with Scrambled Eggs	Spinach & Feta Pie (Spanakopita)	Mediterranean Style Quiche Lorraine, Sweet Potato	Egg Salad	Spinach & Feta Omelette
Vegetables	Roast Pumpkin & Broccolini	Honey Carrots & Brussel Sprouts	Roasted Beetroot, Cauliflower	Buttered Beans & Salad	Cauliflower, Peas & Caesar Salad	Roast Carrots & Sauteed Cabbage	Grilled Tomato & Broccoli
Salad	Roast Beef	Ham, Cheese & Pineapple	Greek	Chicken	Egg	Turkey & Pasta	Ham & Egg
Dessert	Profiteroles	Peach & Mango Cheesecake	Orange Filo Pie with Ice Cream	Pavlova, Strawberry Compote & Whipped Cream	Apple Shortcake & Custard	Baklava & Ice Cream	Raspberry Panna Cotta

Dinner

Soup	Cabbage, Bacon & Potato	Chicken & Rice	Creamy Chicken & Sweet Potato	Beef & Barley	Cream of Potato & Parsnip	Brown Lentil & Vegetable	Cheesy Cauliflower
Main 1	Oven Baked Snapper Fillet in Dill & Parmesan Sauce, Mashed Potato	Slow-cooked Beef Osso Bucco	Sweet & Sour Fish Goujons with Fried Rice	Spaghetti Bolognaise with Cheesy Garlic Bread	Braised Lamb Chops in Red Wine Sauce, Potato Mash	Creamy Garlic Prawns with Pilaf Rice	Italian Meatballs in Tomato Sauce
Main 2	Lentil & Haloumi Curry with Roti Bread, Rice	Roast Duck in Sticky Plum Sauce	Beef Mince & Bechamel Pie	Nasi Goreng (Fried Rice with Prawns)	Chicken Tortellini in Pumpkin Sauce	Beef Sausage, Sauteed Onions & Gravy, Potato Mash	Grilled Fish in White Wine Sauce
Vegetarian	Lentil & Haloumi Curry with Roti Bread, Rice	Tomato & Cheese Croissant	Egg & Cheese Frittata	Tomato & Basil Quiche	Spaghetti Napolitana with Parmesan Cheese	Lentil & Chickpea Patties with Tzatziki Sauce	Zucchini & Corn Fritters
Vegetables	Cauliflower Cheese & Silverbeet	Grilled Tomato & Garlic Beans	Roast Carrots & Broccoli	Honey Glazed Pumpkin, Bacon Brussel Sprouts & Salad	Glazed Carrots & Grilled Zucchini	Sweet Potato & Bok Choy	Vegetable Ratatouille
Dessert	Custard Fruit Tarts	Fresh Fruit Salad & Ice Cream	Black Forest Cake with Whipped Cream	Jelly & Fruit	Rice & Custard Pudding	Baked Apple & Ice Cream	Crème Caramel

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Week 3 Winter Menu

Breakfast

Daily - Eggs (scrambled, fried or poached), variety cereals, porridge, yoghurt, full cream milk, prunes, fruit & variety of toast
Sunday - Full cooked Hot Breakfast (rotation of Bacon, Chipolatas, Baked Beans, Mushrooms, Grilled Tomatoes & Hash Browns) + above

Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Tea	Assorted Danishes	Resident's Choice Lunch	Coconut Cookies	Peach & Ricotta Cake	Vegemite Scrolls	Gingerbread Cake	Jam & Cream Scones
Main 1	BBQ Pork Riblets		Beef Pasta Bake (Pastitsio)	Braised Beef Chucks	Seafood Basket with Steakhouse Fries	Pork Schnitzel with Gravy, Baked Potatoes	Roast Beef with Dianne Sauce
Main 2	Chicken Hotpot		Fish Pie	Chicken & Pickled Onion Stew (Stifado)	Vegetable Pattie with Grilled Haloumi	Shepherd's Pie	Fish Cakes
Vegetarian	Tomato, Feta & Olives Omelette		Tomato & Cheese Croissant	Spanish Omelette	Vegetable Pattie with Grilled Haloumi	Zucchini & Corn Fritters	Sweet Potato Croquettes with Grilled Haloumi
Vegetables	Chips, Broccoli, Corn & Coleslaw		Pumpkin, Cauliflower & Salad	Roast Carrots & Brussel Sprouts	Grilled Tomato & Beans, Caesar Salad	Vegetable Ratatouille, Salad	Potatoes Au Gratin, Pumpkin & Broccoli Cheese
Salad	Chicken		Roast Beef	Egg	Greek	Chicken Pasta	Ham & Egg
Dessert	Sago Pudding with Mixed Berries Coulis		Mini Pavlova with Mixed Berries & Cream	Crème Brulée	Peanut Butter Cheesecake	Chocolate Mudcake with Ice Cream	Poached Pears & Custard

Dinner

Soup	Cream of Seasonal Vegetables	Chicken & Cabbage	Seafood Chowder	Roast Pumpkin	Minestrone	Cannellini Beans	Zucchini & Parmesan
Main 1	Fish Curry with Aromatic Rice	Beef Scotch Fillet with Mushroom Sauce	Moroccan Lamb with Couscous	Bacon & Cheese Tortellini al Forno	Chicken Fried Rice with Mix Chinese Vegetables	Spaghetti Bolognaise with Cheesy Garlic Bread	Sweet Chilli Chicken Meatballs with Rice
Main 2	Spinach & Feta Quiche, Herb Potatoes	Potato, Leek & Asparagus Frittata	Honey Soy Stir-Fry Chicken & Rice	Grilled Fish in Tomato & Capers Sauce	Ham & Cheese Croissant with Salad	Roast Turkey with Cranberry Sauce, Sweet Potato Mash	Prawn & Pork Pad Thai (Rice Noodles)
Vegetarian	Spinach & Feta Quiche, Herb Potatoes	Potato, Leek & Asparagus Frittata	Lentil & Chickpea Pattie	Sweet Potato Croquettes with Cheese	Egg Fried Rice	Tomato & Cheese Omelette	Cheesy Penne Pasta Bake
Vegetables	Pumpkin & Silver beet	Honey Carrot & Chinese Cabbage	Sweet Potato & Beetroot	Baked Pumpkin, Peas & salad	Mix Chinese Vegetables or Salad	Cauliflower Fioretti, Sweet Potato & Salad	Stir Fried Cabbage & Carrot, Salad
Dessert	Fresh Fruit Salad with Ice Cream	Bread & Butter Pudding	Chocolate Bavarian	Fresh Fruit with Ice Cream	Jelly & Fruit	Apple & Blueberry Crumble	Caramelised Pineapple & Ice Cream

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Week 4 Winter Menu

Breakfast

Daily - Eggs (scrambled, fried or poached), variety cereals, porridge, yoghurt, full cream milk, prunes, fruit & variety of toast
Sunday - Full cooked Hot Breakfast (rotation of Bacon, Chipolatas, Baked Beans, Mushrooms, Grilled Tomatoes & Hash Browns) + above

Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Tea	Chocolate Chip Cookies	Jam & Cream Scones	Fruit Cake	Caramel Slice	Party Pies	Orange Poppyseed Cake	Banana Bread
Main 1	Chicken Tortellini Carbonara	Beef or Chicken Sliders with Chips	Corned Silverside with Mustard Sauce, Herb Potatoes	Beef Moussaka	Battered Fish with Chips	Grilled Chicken Thighs	12 Hour Roast Lamb with Mint Sauce, Roast Potato
Main 2	Beef Rissoles with Potato Parmesan Mash	Lentil & Haloumi Curry with Rice	Spaghetti Marinara (Seafood Mix)	Chicken Kebab with Pita Bread, Tzatziki Dip	Ham & Cheese Toasted Sandwich	Beef Meatloaf & Gravy	Leek & Ricotta Pie
Vegetarian	Cheese & Chive Omelette	Lentil & Haloumi Curry with Rice	Egg Fried Rice	Zucchini Fritters	Tomato & Cheese Toasted Sandwich	Tomato & Cheese Bake	Leek & Ricotta Pie
Vegetables	Honey Carrot, Broccolini & Salad	Sweet Potato & Corn	Pumpkin, Brussel Sprouts & Salad	Glazed Carrots, Grilled Zucchini & Salad	Grilled Tomato, Cabbage & Caesar Salad	Vegetable Ratatouille & Salad	Pumpkin, Beans & Salad
Salad	Roast Beef	Egg	Chicken	Greek	Ham, Cheese & Pineapple	Chicken Pasta	Caesar
Dessert	Strawberry Cheesecake	Black Forest Cake	Tiramisu	Baklava & Ice Cream	Pavlova with Fruit Coulis	Raspberry Panna Cotta	Jelly & Fruit

Dinner

Soup	Apple & Parsnip	Chicken & Leek	Sweet Potato, Pumpkin & Red Lentil	Chicken & Rice	Cream of Cauliflower	Beef & Barley	Curried Lentil
Main 1	Pepperoni Pizza	Sweet & Sour Fish Goujons, Noodles	Chicken Roulade	Creamy Garlic Prawns with Rice	Chicken Schnitzel, Potato Mash	Fish Cake with Baked Potatoes	Lamb Rogan Josh with Rice
Main 2	Spinach & Mushroom Quiche Lorraine	Pumpkin & Feta Omelette, Herb Potatoes	Cheese & Ricotta Pie	Ham & Cheese Omelette	Spaghetti & Meatballs	Fried Honey Soy Chicken with Noodles	BBQ Chicken Drumsticks with Potato Mash
Vegetarian	Cheese Pizza	Pumpkin & Feta Omelette, Herb Potatoes	Chickpea Patty with Grilled Haloumi	Tomato & Cheese Omelette	Spaghetti Napolitana with Parmesan Cheese	Macaroni & Cheese	Vegetable Pattie with Cheese & Tomato
Vegetables	Sweet Potato, Silver beet & Salad	Carrots & Stir-Fried Cabbage	Honey Glazed Sweet Potato, Vegetable Medley & Salad	Pumpkin, Bok Choy & Salad	Herbed Cauliflower, Broccoli & Salad	Stir Fried Vegetables	Carrot & Silver beet
Dessert	Profiteroles	Fresh Fruit Salad	Warm Apple Bites & Custard	Orange Filo Pie & Ice Cream	Apple Strudel & Custard	Crème Caramel	Rice & Custard Pudding

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