

SUMMER MENU 2018

WEEK 1

WEEK DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads
	Scrambled eggs	Yoghurt	Fruit loaf	baked beans	pancakes	Fruit loaf	Bacon and eggs
morning tea	Date Loaf	Hedge Hog Slice	Ginger Nut Biscuits	Fruit Cake Slice	Tomato & Cheese Scones	Orange/White Choc Muffin	Corn Flake Biscuits
LUNCH main meal	Beef Rissoles, Mash Potato, Beans	Macaroni Bacon and Vegetable Bake with Salad	Lamb and Rosemary Casserole, Baked Potato, Braised Cabbage and Carrot	Chicken and Leek Pie with Sweet Potato Mash & Broccoli	Crumb Fish and Chips, Vegetable Bake	Teriaki Beef and Noodle Stirfry	Roast Chicken and Gravy. Roast Potato, Pumpkin and Broccoli
Vitamised Lunch	Beef Rissoles	Macaroni Bacon and Vegetable	Lamb and Rosemary Cassrole	Chicken and Leek	Fish & Vegetales	Teriaki Beef	Roast Chicken
DESSERT	Butter Snap Dessert	Pavlova & Fruit	Bread & Butter Pudding with cream	Apricot Crumble & Icecream	Baked Custard	Lemon Sago	Jelly & Fruit
VITAMISED DESSERT	Butter Snap Dessert	Pavlova & Fruit	Bread & Butter Pudding	Apricot Crumble & Custard	Baked Custard	Lemon Sago	Jelly & Fruit
Soups	Sweet Potato	Tomato	Potato and Bacon	Pumpkin	Creamy Chicken	Cauiflower	Carrot
EVENING light meal	Chicken Tenders	Mixed Sandwiches	Party Pies	Savoury Mince and Mash	Scambled Eggs on Toast	Vegetable Patties	Sausage Rolls
VITAMISED EVENING MEAL	Vita Chicken	Vegetables and Mash	Beef and Vegetables	Savoury Mince	Vita Egg	Vegetable Patties	Mince
FRESH FRUIT	FRESH FRUIT		FRESH FRUIT		FRESH FRUIT		

SUMMER MENU 2018

WEEK 2

WEEK DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads
	Scrambled eggs	Yoghurt	Fruit loaf	Baked Beans	pancakes	Fruit loaf	Bacon and eggs
morning tea	Shortbread	Caramel Slice	Sweet/pot. & Bacon Slice	Coconut Crisps	Choc Brownies	Banana Muffins	Ham & Pineapple Scones
LUNCH	Thick Beef Sausages in Onion Gravy, Mash Potato and Peas	Pasta Bolonaise	Southern Fried Chicken, Chips and Coleslaw	Chinese Meatballs with Stirfry Vegetables	Crumb Fish, Chips and Salad	Lamb Korma Curry with Rice and Beans	Roast Beef and Gravy, Roast Potato, Roast Carrots and Cauliflower
Vitamised Lunch	Beef Sausages	Bologanise	Chicken and Vegetables	Chinese Meat Balls	Fish	Lamb Korma	Beef
DESSERT	Mousse	Saltana Pudding	Apple Pie with custard	Jam Sponge Cake	Trifle	Bread & Butter Pudding with cream	Plum Compote & ice Cream
VITAMISED DESSERT	Mousse	Saltana Pudding	Apple Pie	Jam Sponge Cake	Trifle	Bread & Butter Pudding	Plum Compote & ice Cream
Soups	Mushroom	Broccoli	Potato and Leek	Creamy Zuchini	Chicken and Noodle	Garden Vegetable	Celery
Evening meal	Tuna Pasta Bake	Fish Dippers and Garden Salad	Mixed Sandwiches	Party Pies	Quiche and Salad	Baked Beans on Toast	Fried Rice
VITAMISED EVENING MEAL	Tuna and Vegetables	Fish and Vegetables	Vegetables and Mash	Mince	Vita Egg	Baked Beans	Vegetables and Mash
FRESH FRUIT	FRESH FRUIT		FRESH FRUIT		FRESH FRUIT		

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WEEK 3

WEEK DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads
	scrambled eggs	Yoghurt	Fruit loaf	Baked Beans	Pancakes	Fruit loaf	Bacon and eggs
morning tea	Cherry Slice	Vanilla Slice	Oatmeal Slice	Sweet Potato Cake	Savoury Muffins	Anzac Biscuits	Choc Chip Biscuits
LUNCH	Chicken Rissoles, Potato Bake and Broccoli	Seafood Pie with Puff Pastry, Carrots and Seaoned Wedges	Corned Beef, White Sauce with Sweet Potato Colcannon	Chicken Lasagne, Carrots, Garlic Chats	Crumb Fish, Chips, Cauliflower and Broccoli Bake	Braised Steak and Onion, Mash Potato and Beans	Roast Chicken and Gravy, Roast Potato, roast Carrots and Broccoli
Vitamised Lunch	Chicken and Vegetables	Seafood Pie	Corned Beef and White Sauce	Chicken Bolognaise	Fish	Braised Steak	Chicken and Gravy
DESSERT	Ice Cream & Wafers	Poached Peaches	Pumpkin Pie	Jelly & Custard	Pavlova & Fruit	Butter Scotch Pudding	Lemon Sago
VITAMISED DESSERT	Ice Cream	Poached Peaches	Pumpkin Pie	Custard & Fruit	Pavlova & Fruit	Butter Scotch Pudding	Lemon Sago
Soups	Tomato	Pea and Ham	Cream of Cauliflower	Potato and Bacon	Pumpkin	Chicken	Sweet Potato
Evening meal	Sausage Rolls	Beef Chow Min	Fish Dippers	Mixed Sandwiches	Lemon Honey Chicken	Spaghetti On Toast	Fish Cakes
VITAMISED EVENING MEAL	Mince	Beef Chow Min	Fish & Vege	Vegetables & Mash	Lemon Honey Chicken	Spaghetti	Fish Cakes
FRESH FRUIT	FRESH FRUIT		FRESH FRUIT		FRESH FRUIT		

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WEEK 4

WEEK DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads	Oat Porridge Cereal & milk Fruit Juice Toast/Bread & spreads
	Scrambled eggs	Yoghurt	Fruit loaf	Baked Beans	Pancakes	Fruit loaf	Bacon and Eggs
morning tea	Lemonade Scones	Ham/Cheese/Tom Tart	Chocolate Biscuits	Ginger Bread	Pecan Slice	Peanut Butter Biscuits	Passion Fruit Slice
LUNCH	Lamb Sausages with Mint Gravy, Peas, Rosemary Chats	Beef Lasagne, Seasoned Baked Sweet Potato, Cauliflower	Chicken Cacciatore, Garlic Mash and Broccoli Bake	Beef Burgandy, Carrots and Buttered Chats	Crumb Fish, Chips and Salad	Cottage Pie, Beans and Honey Carrots	Roast Lamb and Gravy, Roast Potato, Beans and Cauliflower
Vitamised Lunch	Mint Lamb	Beef and Vegetables	Chicken Cacciatore	Beef Burgandy	Fish	Cottage Pie	Lamb and Gravy
DESSERT	Apple & Berry Crumble and Custard	Fruit Salad & Icecream	Banana Cream Pie	Trifle	Poached Pears	Banana Pudding with Butterscoth Sauce	Mousse
Vitamised Dessert	Apple & Berry Crumble and Custard	Fruit Salad & Icecream	Banana Cream Pie	Trifle	Poached Pears	Banana Pudding with Butterscoth Sauce	Mousse
Soups	Carrot	Mushroom	Broccoli	Zuchini	Pea and Ham	Garden Vegetable	Celery
Evening meal	Bubble and Squeak	Party Pies	Grilled Sausages and Bread	Scrambled Eggs on Toast	Mixed Sandwiches	Fish Dippers	Savoury Chicken Mince on Toast
VITAMISED EVENING MEAL	Bubble and Squeak	Beef & Vegetables	Sauages and Gravy	Vita Egg	Vegetables Mash	Vita Fish	Savoury Mince
FRESH FRUIT	FRESH FRUIT		FRESH FRUIT		FRESH FRUIT		