

WEEK ONE

	MAIN MEAL	Selection	SANDWICH	Selection	DESSERT	Selection	JUICE	Selection
Monday	Beef Rogan Josh		Chicken & Lettuce		Pears & Custard		Orange	
	Chicken Schnitzel			Apple				
	Cauliflower & Bean Hot Pot							
Tuesday	Roast Beef and Gravy		Curried Egg		Carrot Cake		Orange	
	Chicken & Mushroom Casserole			Apple				
Wednesday	Lasagne		Tuna & Lettuce		Peaches & Custard		Orange	
	Ham Steaks			Apple				
	Egg & Asparagus Casserole							
Thursday	Shepherds Pie		Cheese & Tomato		Apple, Rhubarb & Custard		Orange	
	Chicken Cacciatore			Apple				
Friday	Beef Rissoles & Onion Gravy		Salmon & Cucumber		Apricots & Custard		Orange	
	Crumbed Fish with Lemon			Apple				
	Macaroni Cheese							
Saturday	Corned Beef & Parsley Sauce		Egg & Lettuce		Apple Crumble & Custard		Orange	
	Honey Soy Chicken			Apple				
Sunday	Steak & Kidney Pie		Ham & Cheese		Rice Pudding		Orange	
	Tuna Bake			Apple				

WEEK TWO

	MAIN MEAL	Selection	SANDWICH	Selection	DESSERT	Selection	JUICE	Selection
Monday	Roast Lamb with Rosemary Gravy		Egg & Lettuce		Two Fruits & Custard		Orange	
	Chicken Patties						Apple	
	Spinach & Ricotta Cannelloni							
Tuesday	Irish Stew & Potato Dumplings		Salmon & Lettuce		Honey & Almond Slice		Orange	
	Pork, Mushroom & Potato Casserole						Apple	
Wednesday	Steak & Mushroom Pie		Ham & Cheese		Blackforest Gateaux		Orange	
	Portuguese Chicken						Apple	
	Vegetable Frittata							
Thursday	Veal Schnitzel		Chicken & Lettuce		Bread & Butter Pudding		Orange	
	Apricot Chicken						Apple	
Friday	Sauasages with Tomato & Onion Gravy		Tuna & Salad		Tiramisu		Orange	
	Baked Fish with Lemon						Apple	
	Vegetables Patties							
Saturday	Beef Meatballs & Dianne Sauce		Curried Egg		Rice Pudding		Orange	
	Chicken A La King						Apple	
Sunday	Braised Steak and Onion		Cheese & Tomato		Pears & Custard		Orange	
	Salmon & Lemon Patties						Apple	

WEEK THREE

	MAIN MEAL	Selection	SANDWICH	Selection	DESSERT	Selection	JUICE	Selection
Monday	Beef Burgundy		Cheese & Tomato		Sliced Peaches & Custard		Orange	
	Pork & Gabbage Rolls						Apple	
	Macaroni Cheese							
Tuesday	Meat Loaf with Mushroom Gravy		Ham		Mud Slice		Orange	
	Chicken with Green Pepper Sauce						Apple	
Wednesday	Lambs Fry & Bacon		Egg		Fruit Salad & Custard		Orange	
	Salmon Pie						Apple	
	Puy Lentil Tagine							
Thursday	Beef Chow Mein		Salmon & Cucumber		Strawberry Cheesecake		Orange	
	Pork Sausage & Tuscan Bean Casserole						Apple	
Friday	Lamb Tagine		Chicken & Salad		Pears and Custard		Orange	
	Fish Curry						Apple	
	Vegetable Hot Pot							
Saturday	Savoury Mince		Tuna & Salad		Carrot Cake		Orange	
	Sweet & Sour Pork						Apple	
Sunday	Beef Ragu in Ginger Wine		Curried Egg		Rice Pudding		Orange	
	Chicken & Leek Pie						Apple	

