

MONDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Beef & Vegetable Casserole

Option 2: Sausage & Mash

Dessert: Cheesecake

* DINNER *

Soup: Cauliflower soup

Main: Sweet & Sour Chicken with Vegetable Fried Rice or Mash

Dessert: Strawberry Pana-Cotta

WEDNESDAY

* BREAKFAST *

Option 1: Continental

Option 2: Scrambled Eggs & Bacon with Grilled Tomato & Spinach, Toast, Pancakes or Crumpets

* LUNCH *

Option 1: Thai Red Curry

Option 2: Homemade Quiche Lorraine

Dessert: Chocolate Pudding with Cream

* DINNER *

Soup: Tomato Soup

Main: Creamy Fish Pie with Potato Topping

Dessert: Orange Cake & Custard

FRIDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Crumbed Fish & Chips

Option 2: Beef Burger (Patties) with Hot Chips or Mash & Steamed Vegetables

Dessert: Tiramisu

* DINNER *

Soup: Carrot & Lentil Soup

Main: Sheppard's Pie

Dessert: Cheesecake

SUNDAY

* BREAKFAST *

Option 1: Continental

Option 2: Scrambled Eggs & Bacon with Grilled Tomato & Spinach, Toast, Pancakes or Crumpets

* LUNCH *

Option 1: Roast Beef

Option 2: Apricot Chicken

Dessert: Pavlova with Berry Coulis, Fruit & Cream

* DINNER *

Soup: Chicken & Vegetable Soup

Main: Tuna Mornay with Mash

Dessert: Ice Cream

TUESDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Fish & Vegetable Pasta Bake

Option 2: Creamy Chicken

Dessert: Crème Brule

* DINNER *

Soup: Split Pea Soup

Main: Beef Stroganoff with Sour Cream Pasta or Mash

Dessert: Apricot Crumble with Cream

THURSDAY

* BREAKFAST *

Option 1: Continental

* LUNCH *

Option 1: Garlic Prawns with Rice

Option 2: Roast Turkey & Vegetables in Gravy

Dessert: Apple Danish & Custard

* DINNER *

Soup: Potato & Leek Soup

Main: Beef Bolognaise with Pasta or Mash

Dessert: Fruit & Yoghurt

SATURDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Beef Sausage Rolls

Option 2: Chicken Schnitzel

Dessert: Chocolate Cake with Custard

* DINNER *

Soup: Carrot & Lentil Soup

Main: Meatloaf with BBQ Sauce

Dessert: Vanilla Mousse

Alternative dinner options are available.
Please speak to our friendly staff at the time of ordering your meal.

Available All DAY
Sweet Biscuits, Sandwiches, Fresh Fruit, Hot Milk
Milo/Smoothie.

MONDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Spinach & Lentil Stew with Mash

Option 2: Moroccan Pork Casserole with Rice or Mash

Dessert: Crème Caramel

* DINNER *

Soup: Broccoli Soup

Main: Beef Lasagne

Dessert: Lemon Tart with Cream

WEDNESDAY

* BREAKFAST *

Option 1: Continental

Option 2 : Scrambled Eggs & Bacon with Grilled Tomato & Spinach, Toast, Pancakes or Crumpets

* LUNCH *

Option1 : Lamb Stew

Option 2: Honey & Mustard Grilled Chicken

Dessert: Mixed Berry Mousse

* DINNER *

Soup: Farmhouse Vegetable Soup

Main: Beef & Mushroom Pie

Dessert: Mango & Coconut Panna-Cotta

FRIDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Crumbed Fish & Chips

Option 2: Beef Burger with Lettuce, Tomato, Onion with Hot Chips & Tomato Sauce

Dessert: Mango Cheesecake

* DINNER *

Soup: Cauliflower Soup

Main: Slow Cooked Beef & Vegetable Stew with Mash

Dessert: Chocolate Mousse

SUNDAY

* BREAKFAST *

Option 1: Continental

Option 2 : Scrambled Eggs & Bacon with Grilled Tomato & Spinach, Toast, Pancakes or Crumpets

* LUNCH *

Option 1: Braised Lamb Chops

Option 2: Chicken Kiev

Dessert: Mixed Berry Mousse & Ice Cream

* DINNER *

Soup: Pumpkin Soup

Main: Spinach, Pumpkin & Fetta Quiche

Dessert: Cake & Custard

TUESDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Chicken Meatballs

Option 2: Cheesy Roast Vegetable Frittata

Dessert: Rice Pudding

* DINNER *

Soup: Chicken Soup

Main: Beef Goulash

Dessert: Chocolate Ice Cream Sundae

THURSDAY

* BREAKFAST *

Continental

* LUNCH *

Option1 : Corned Beef

Option 2: Sausage Hotpot

Dessert: Chocolate Cake with Custard

* DINNER *

Soup: Carrot Soup

Main: Tuna Mornay with Pasta or Mash

Dessert: Peaches Cobbler with Cream

SATURDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Roast Lamb with Gravy & Mint Jelly with Roast Vegetables

Option 2: Potato Gnocchi in a Creamy Bacon & Tomato Sauce

Dessert: Apricot Crumble with Custard

* DINNER *

Soup: Carrot & Lentil Soup

Main: Creamy Vegetable Chicken with Pasta or Mash

Dessert: Strawberry Ice Cream Sundae

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Available All DAY
Sweet Biscuits, Sandwiches, Fresh Fruit, Hot Milk
Milo/Smoothie.

MONDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Beef Goulash with Mash

Option 2: Homemade Chicken & Vegetable Sausage Rolls
with Salad

Dessert: Crème Brulee

* DINNER *

Soup: Tomato & Basil Soup

Main: Sheppard's Pie

Dessert: Tiramisu with Cream

WEDNESDAY

* BREAKFAST *

Option 1: Continental

Option 2: Scrambled Eggs & Bacon with Grilled Tomato &
Spinach, Toast, Pancakes or Crumpets

* LUNCH *

Option 1: Butter Chicken Curry with Rice or Mash

Option 2: Crumbed Beef Schnitzel Served with Chips &
Garden Salad

Dessert: Marble Cake with Strawberries & Cream

* DINNER *

Soup: Sweet Potato & Red Lentil Soup

Main: Pork Meatballs & Napoli Sauce with Mash

Dessert: Vanilla Mousse

FRIDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Crumbed Fish & Chips

Option 2: Beef & Vegetable Curry (mild) with Rice, Mash or
Hot Chips

Dessert: Fruit Trifle with Cream

* DINNER *

Soup: Lentil Soup

Main: Creamy Chicken & Mushroom Cheesy Pasta Bake

Dessert: Mango Cheesecake

SUNDAY

* BREAKFAST *

Option 1: Continental

Option 2 : Scrambled Eggs & Bacon with Grilled Tomato &
Spinach, Toast, Pancakes or Crumpets

* LUNCH *

Option 1: Roast Beef with Roasted Pumpkin, Potato, Carrot
& Steamed Broccoli

Option 2: Creamy Chicken & Vegetable Casserole

Dessert: Chocolate Pudding Served with Cream

* DINNER *

Soup: Minestrone Soup

Main: Homemade Cottage Pie Served with Fresh Salad

Dessert: Chocolate Ice Cream Sundae with Banana Slices

TUESDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Roast Pork & Vegetables with Apple Sauce &
Gravy

Option 2: Vegetable Lasagna with Garden Salad

Dessert: Apple Pie with Custard

* DINNER *

Soup: Broccoli & Cauliflower Soup

Main: Lamb Korma with Vegetables with Rice or Mash

Dessert: Warm Orange Syrup Cake Served with Custard

THURSDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Baked Salmon with Steamed Vegetables & Mash

Option 2: Chicken & Vegetable Casserole

Dessert: Mixed Berry Mousse

* DINNER *

Soup: Potato & Leek Soup

Main: Bangers & Mash

Dessert: Yoghurt & Fruits

SATURDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Grilled Chicken with Baked Cheesy Vegetables

Option 2: Vegetables Fritters with Tomato Sauce

Dessert: Lemon Cake

* DINNER *

Soup: Chicken Noodle Soup

Main: Beef & Vegetable Bolognese with Pasta or Mash

Dessert: Fresh Fruits & Custard

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ordering your meal.

Available All DAY
Sweet Biscuits, Sandwiches, Fresh Fruit, Hot Milk
Milo/Smoothie.

MONDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Sausage & Mash

Option 2: Asian Garlic Prawns with Parsley Mash, Peas & Carrots

Dessert: Creme Caramel

* DINNER *

Soup: Lentil Soup

Main: Beef Lasagne

Dessert: Ice Cream

WEDNESDAY

* BREAKFAST *

Option 1: Continental

Option 2: Scrambled Eggs & Bacon with Grilled Tomato & Spinach, Toast, Pancakes or Crumpets

* LUNCH *

Option 1: Beef Hot Pot

Option 2: Pork Patties with Mash, Silverbeet & Pumpkin

Dessert: Rice Pudding

* DINNER *

Soup: Potato & Leek Soup

Main: Chicken Mornay with Pasta

Dessert: Vanilla Mousse

FRIDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Battered Fish & Chips

Option 2: Chicken Schnitzel with Chips & Salad

Dessert: Chocolate Sponge Cake with Cream

* DINNER *

Soup: Chicken Noodle Soup

Main: Beef Goulash

Dessert: Fruit & Ice Cream

SUNDAY

* BREAKFAST *

Option 1: Continental

Option 2 : Scrambled Eggs & Bacon with Grilled Tomato & Spinach, Toast, Pancakes or Crumpets

* LUNCH *

Option 1: Quiche Lorraine

Option 2: Roast Pork with Roast Potato, Pumpkin & Beans

Dessert: Tiramisu with Cream

* DINNER *

Soup: Pumpkin Soup

Main: Beef Lasagna

Dessert: Ice Cream

TUESDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Lamb Korma

Option 2: Grilled Chicken Breast with Sweet Potati Mash & Beans

Dessert: Bread & Butter Pudding

* DINNER *

Soup: Beef & Barley Soup

Main: Sheppard's Pie

Dessert: Pavlova with Fruit & Cream

THURSDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Roast Turkey Served with Roast Potato, Broccoli & Cauliflower Mornay & Baby Carrots

Option 2: Sheppard's Pie

Dessert: Apple Crumble with Custard

* DINNER *

Soup: Vegetable Soup

Main: Beef & Mushroom Pie

Dessert: Flavoured Yoghurt

SATURDAY

* BREAKFAST *

Continental

* LUNCH *

Option 1: Roast Chicken Caesar Salad

Option 2: Beef Rissoles with Scalloped Potato & Sweet Potato

Dessert: Apple Pie with Custard

* DINNER *

Soup: Cream of Cauliflower Soup

Main: Creamy Chicken Dish

Dessert: Chocolate Mousse

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Milo/Smoothie.