

Winter menu 2015

Lunch

Week 1 1/6, 29/6, 27/7, 24/8

Breakfast Choice of Cereal, Toast, Boiled Eggs Orange Juice, Apple Juice, Tea Coffee Fresh Fruit, Porridge (Bacon & Eggs on the Weekends)

Week 1	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Entrée Normal	Borlotti Soup		Pasta al Forno		Spaghetti Bolognese		Mushroom & Spinach Risotto		Pasta with Chic Pea		Minestrone Soup		Ravioli Napoli Sauce	
Entrée Vegetarian	Borlotti Soup		Vegetarian Lasagna		Spaghetti Napoli		Mushroom & Spinach Risotto		Pasta with Chic Pea		Minestrone Soup (Use Vegetable Stock)		Pumpkin Ravioli Napoli Sauce	
Entrée Low GI	Borlotti Soup		Pasta al Forno		Spaghetti Bolognese		Mushroom & Spinach Risotto		Pasta with Chic Pea		Minestrone Soup		Ravioli Napoli Sauce	
Entrée Gluten Free	Borlotti Soup		Pasta al Forno		Spaghetti Bolognese		Mushroom & Spinach Risotto		Pasta with Chic Pea		Minestrone Soup		Ravioli Napoli Sauce	
Textured Modified Diets	Pork Schnitzel	Pork Sausages (Gravy)	Chicken Boscioia	Grilled Minute Steak	Roast Beef	Roast Lamb	Chicken Angels	Meatloaf (Gravy)	Poached Fish (Salmon)	Fish Mornay Carrots Beans	Veal Casserole	Beef Sausages	Roast Pork	Roast Veal
Main Meal Normal	Pork Schnitzel	Pork Sausages	Chicken Boscioia	Grilled Minute Steak	Roast Beef	Roast Lamb	Chicken Angels	Meatloaf	Poached Fish(Salmon)	Fish Mornay	Veal Casserole	Beef Sausages	Roast Pork	Roast Veal
Main Meal Vegetarian	Spinach & Ricotta Cannelloni		Vegetable Frittata		Goats Cheese & Caramelised onion Pie		Carrot ,Zucchini & Parsnip Frittata		Caramelised Leek & Goats Cheese Tart		Chargrilled Vegetable Lasagna		Baked Eggplant & Cheese Rolls	
Main Meal Low GI	Pork Schnitzel		Chicken Boscioia		Roast Beef		Meatloaf		Poached Fish(Salmon)		Beef Sausages		Roast Pork	
Main Meal Gluten Free	Pork Schnitzel		Chicken Boscioia		Roast Beef		Meatloaf		Poached Fish (Salmon)		Beef Sausages		Roast Pork	
Vegetables	Carrots Beans & Mashed Potato		Potato, Peas & Carrots		Pumpkin Roast Potato & Peas		Mash Potato & Stir Fry Mix		Zucchini, Chips & Mashed Pumpkin		Broccoli Carrots Mashed Potato		Carrots Roasted Potato & Spinach	
Dessert Normal	Watermelon		Seedless Grapes		Apple Jelly Fresh Cream		Apple Strudel & Ice Cream		Mango & Full Fat Yoghurt		Ice Cream with Choc Topping		Rockmelon	
Dessert Vegetarian	Watermelon		Seedless Grapes		Apple Jelly Fresh Cream		Apple Strudel & Ice Cream		Mango & Full Fat Yoghurt		Ice Cream with Choc Topping		Rockmelon	
Dessert Low GI	Watermelon		Seedless Grapes		Apple Jelly Fresh Cream		Apple Strudel & Ice Cream		Mango & Full Fat Yoghurt		Ice Cream with Choc Topping		Rockmelon	
Dessert Gluten Free	Watermelon		Seedless Grapes		Apple Jelly Fresh Cream		Apple Strudel & Ice Cream		Mango & Full Fat Yoghurt		Ice Cream with Choc Topping		Rockmelon	

Winter menu 2015

Dinner

Week 1 1/6, 29/6, 27/7, 24/8

Week 1	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Entrée Normal	Pumpkin Soup with Pastina		Chicken Broth with Pastina		Rice & Pea soup		Chicken & Vegetable Soup		Minestrone Soup		Cauliflower Soup		Lentil Soup Puree	
Entrée Vegetarian	Pumpkin Soup with Pastins		Minestrone Soup		Vegetable Broth with Pastina		Rice & Pea soup		Cauliflower Soup		Pumpkin Soup with Pastina		Lentil Soup Puree	
Entrée Low GI	Pumpkin Soup with Pastina		Chicken Broth with Pastina		Rice & Pea soup		Chicken & Vegetable Soup		Minestrone Soup		Cauliflower Soup		Lentil Soup Puree	
Entrée Gluten Free	Pumpkin Soup with Pastina		Chicken Broth with Pastina		Rice & Pea soup		Chicken & Vegetable Soup		Minestrone Soup		Cauliflower Soup		Lentil Soup Puree	
Textured Modified Diets	Shepard's Pie	Beef Sausages	Salmon Patties	Poached Fish	Quiche Lorraine	Marinated Chicken Tender loins	Ricotta	Pork casserole	Tuna & Vegetable Mornay	Poached Fish	Scrambled Eggs	Grilled Chicken	Salmon Cakes	Chicken Meatballs Gravy
Main Meal Normal	Shepards Pie	Beef Sausages Gravy	Salmon Patties	Crumbed Fish	Quiche Lorraine	Marinated Chicken Tender loins	Ricotta	Pastizzi with Ricotta	Tuna & Vegetable Mornay	Calamari	Ham & Cheese Croissants	Garlic Chicken Balls	Salmon Cakes	Chicken Meatballs Gravy
Main Meal Vegetarian	Cheese Omelette		Cauliflower Fritters		Mushroom Quiche		Ricotta Mixed Veg		Croissants Cheese		Vegetable Patti		Ricotta Patti	
Main Meal Low GI	Beef Sausages Gravy		Salmon Patties		Quiche Lorraine		Ricotta		Calamari		Ham & Cheese Croissants		Salmon Cakes	
Main Meal Gluten Free	Beef Sausages		Salmon Patties		Quiche Lorraine		Ricotta		Calamari		Ham & Cheese Croissants		Salmon Cakes	
Vegetables	Brussels Sprouts Potato Baby Carrots		Polenta, Broccoli & Spinach		Mash Potato/ Beans Carrots		Roast Potato Pumpkin & Peas		Chips & Salad (TM Mash Potato, Beans, Carrots)		Polenta ,Zucchini & Cabbage		Roast Potato Pumpkin Broccoli	
Dessert Normal	Custard		Cream Rice Apricot		Watermelon		Trifle		Fresh Fruit Salad & Yoghurt		Chocolate Mousse		Yoghurt	
Dessert Vegetarian	Custard		Cream Rice Apricot		Watermelon		Trifle		Fresh Fruit Salad & Yoghurt		Chocolate Mousse		Yoghurt	
Dessert Low GI	Custard		Cream Rice/ Apricot (Cook with Low GI Rice)		Watermelon		Trifle		Fresh Fruit Salad & Yoghurt		Chocolate Mousse		Yoghurt	
Dessert Gluten Free	Custard		Fresh Fruit		Watermelon		Trifle		Fresh Fruit Salad & Yoghurt		Chocolate Mousse		Yoghurt	

Winter menu 2015

Lunch

Week 2, 8/6, 6/7, 3/8

Breakfast Choice of Cereal, Toast, Boiled Eggs Orange Juice, Apple Juice, Tea Coffee Fresh Fruit, Porridge (Bacon & Eggs on the Weekends)

Week 2	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Entrée Normal	Napoli Penne		Lasagne		Pasta All'amatriciana		Gnocchi Napoli		Seafood Risotto		Rice & Pea Soup		Spaghettii Carbonara	
Entrée Vegetarian	Napoli Penne		Lasagne (Veg)		Borlotti Soup		Gnocchi Napoli		Vegetable Risotto		Rice & Pea Soup		Spaghetti Carbonara (no Bacon)	
Entrée Low GI	Napoli Penne		Lasagne		Pasta All'amatriciana		Gnocchi Napoli		Seafood Risotto		Rice & Pea Soup		Spaghetti Carbonara	
Entrée Gluten Free	Napoli Penne		Lasagne		Pasta All'amatriciana		Gnocchi Napoli		Seafood Risotto		Rice & Pea Soup		Spaghetti Carbonara	
Textured Modified Diets	Pork Casserole	Beef Cannelloni	Meatball Napoli Sauce	Cottage Pie	Steak & Mushroom	Steamed Fish	Roast Beef	Corned Silverside Parsley Sauce	Grilled Fish	Crumbed Fish	Chicken Fillet	Pork Neck Steak	Veal Roast	Roast Chicken
Main Meal Normal	Pork Casserole	Beef Cannelloni	Meatball Napoli Sauce	Cottage Pie	Steak & Mushroom	Pizza	Roast Beef	Corned Silverside Parsley Sauce	Grilled Fish (Ling)	Crumbed Fish	Chicken Drumstick	Pork Neck Steak	Veal Roast	Roast Chicken
Main Meal Vegetarian	Vegetarian Pizza		Carrot ,Zucchini & Parsnip Frittata		Caramelised Leek & Goats Cheese Tart		Vegetarian Pie		Eggplant & Tomato Bake		Gnocchi Four Cheeses		Carrot ,Zucchini & Parsnip Frittata	
Main Meal Low GI	Pork Casserole		Meatball Napoli Sauce		Steak & Mushroom		Roast Beef		Grilled Fish (Ling)		Pork Neck Steak		Veal Roast	
Main Meal Gluten Free	Pork Casserole		Meatball Napoli Sauce		Steak & Mushroom		Roast Beef		Grilled Fish		Pork Neck Steak		Veal Roast	
Vegetables	Brussels Sprouts Potato Baby Carrots		Polenta, Broccoli & Spinach		Mash Potato/ Beans Carrots		Roast Potato Pumpkin & Peas		Chips & Salad (TM Mash Potato, Beans, Carrots)		Polenta ,Zucchini & Cabbage		Roast Potato Pumpkin Broccoli	
Dessert Normal	Poached Pears & Custard		Rhubarb & Apple with Custard		Bread & Butter Pudding & Ice Cream		Crème Caramel		Vanilla Cheesecake		Custard Chocolate		Ice Cream & Topping	
Dessert Vegetarian	Poached Pears & Custard		Rhubarb & Apple with Custard		Bread & Butter Pudding & Ice Cream		Crème Caramel		Vanilla Cheesecake		Custard Chocolate		Ice Cream & Topping	
Dessert Low GI	Poached Pears & Custard		Rhubarb & Apple with Custard		Bread & Butter Pudding & Ice Cream		Crème Caramel		Vanilla Cheesecake		Custard Chocolate		Ice Cream & Topping	
Dessert Gluten Free	Poached Pears & Custard		Rhubarb & Apple with Custard		Bread & Butter Pudding & Ice Cream		Crème Caramel		Vanilla Cheesecake		Custard Chocolate		Ice Cream & Topping	

Winter menu 2015

Dinner

Week 2, 8/6, 6/7, 3/8

Week 2	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Entrée Normal	Broth & Pastina		Chicken & Vegetable Soup		Leek and Potato Soup		Broth with Pastina		Pumpkin Soup Pastina		Minestrone Soup		Lentil Soup Puree	
Entrée Vegetarian	Broth & Pastina		Vegetable Soup		Leek and Potato Soup		Vegetable Broth wt Pastina		Pumpkin Soup Pastina		Minestrone Soup		Lentil Soup Puree	
Entrée Low GI	Broth & Pastina		Chicken & Vegetable Soup		Leek and Potato Soup		Broth with Pastina		Pumpkin Soup Pastina		Minestrone Soup		Lentil Soup Puree	
Entrée Gluten Free	Broth & Pastina		Chicken & Vegetable Soup		Leek and Potato Soup		Broth with Pastina		Pumpkin Soup Pastina		Minestrone Soup		Lentil Soup Puree	
Textured Modified Diets	Poached Chicken &	Beef Casserole	Macaroni Cheese	Sausages	Shepherd's Pie	Pork & Veal Meatballs	Ricotta	Veal Casserole	Leek & Onion Frittata	Chicken Pesto pasta Bake	Poached Fish	Poached Fish	Beef Sausages	Poached Chicken
Main Meal Normal	Grilled Chicken Drumsticks	Egg & Ham Pies	Ham Cheese Croissant	Homemade Sausage rolls	Shepherd's Pie	Pork & Veal Meatballs	Ricotta	Rice Croquets	Leek & Onion Frittata	Chicken Pesto pasta Bake	Fish Cakes	Fish & Chips	Beef Sausages	Lemon Chicken Drumstick
Main Meal Vegetarian	Zucchini Frittata		Vegetarian Toasted Sandwiches		Mushroom Quiche		Ricotta		Vegetable Patties		Leek Frittata		Cheese Croissants	
Main Meal Low GI	Grilled Chicken Drumsticks		Ham Cheese Croissant		Shepherd's Pie		Ricotta		Leek & Onion Frittata		Fish Cakes		Beef Sausages	
Main Meal Gluten Free	Grilled Chicken Drumsticks		Ham Cheese Croissant		Shepherd's Pie		Ricotta		Leek & Onion Frittata		Fish Cakes		Beef Sausages	
Vegetables	Carrots Beans & Mashed Potato		Potato, Peas & Carrots		Pumpkin Roast Potato & Peas		Mash Potato & Stir Fry Mix		Zucchini, Chips & Mashed Pumpkin		Broccoli Carrots Mashed Potato		Carrots Roasted Potato & Spinach	
Dessert Normal	Mango Mousse		Vanilla Custard		Strawberry Yoghurt		Fresh Fruit watermelon		Rockmelon		Stewed Apples & Custard		Vanilla Panacotta	
Dessert Vegetarian	Mango Mousse		Vanilla Custard		Strawberry Yoghurt		Fresh Fruit Watermelon		Rockmelon		Stewed Apples & Custard		Vanilla Panacotta	
Dessert Low GI	Mango Mousse		Vanilla Custard		Strawberry Yoghurt		Fresh Fruit Watermelon		Rockmelon		Stewed Apples & Custard		Vanilla Panacotta	
Dessert Gluten Free	Mango Mousse		Vanilla Custard		Strawberry Yoghurt		Fresh Fruit Watermelon		Rockmelon		Stewed Apples & Custard		Vanilla Panacotta	

Winter menu 2015

Lunch

Week 3, 15/6, 13/7, 10/8

Breakfast Choice of Cereal, Toast, Boiled Eggs Orange Juice, Apple Juice, Tea Coffee Fresh Fruit, Porridge (Bacon & Eggs on the Weekends)

Week 3	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Entrée Normal	Berlotti Soup		Fusilli with Broccoli		Penne with Eggplant Red Sauce		Spaghetti Bolognese		Risotto mushroom Baby Spinach		Chickpea Soup		Penne Pesto Chicken & Cream	
Entrée Vegetarian	Berlotti Soup		Fusilli with Broccoli		Penne with Eggplant Red Sauce		Spaghetti Napoli		Risotto mushroom Baby Spinach		Chickpea Soup		Penne Pesto & Cream	
Entrée Low GI	Berlotti Soup		Fusilli with Broccoli		Penne with Eggplant Red Sauce		Spaghetti Bolognese		Risotto mushroom Baby Spinach		Chickpea Soup		Penne Pesto Chicken & Cream	
Entrée Gluten Free	Berlotti Soup		Fusilli with Broccoli		Penne with Eggplant Red Sauce		Spaghetti Bolognese		Risotto mushroom Baby Spinach		Chickpea Soup		Penne Pesto Chicken & Cream	
Textured Modified Diets	Veal Casserole	Spinach and Ricotta Cannelloni	Chicken Schnitzel	Pork Medallion Mushroom Sauce	Grilled Fish (Hake)	Fish Mornay	Chicken Sausages	Chicken Pizziola	Poached Fish	Poached Fish	Meatloaf (Gravy)	Beef Casserole	Roast Veal	Roast Beef (Gravy)
Main Meal Normal	Veal Casserole	Spinach and Ricotta Cannelloni	Chicken Schnitzel	Pork Medallion Mushroom Sauce	Grilled Fish (Hake)	Fish Mornay	Chicken Sausages	Chicken Pizziola	Grilled Fish (King Dory)	Beer battered Fish	Meatloaf	Beef Casserole	Roast Veal (Gravy)	Roast Beef (Gravy)
Main Meal Vegetarian	Risoli salad with tomatoes, basil and rocket & Cheese		Veg Stuffed Capsicum		Cauliflower Fritters with Parmesan		Goats Cheese & Caramelised onion Pie		Classic Italian bean salad		Spinach & Ricotta Ravioli		Eggplant Parmigiana	
Main Meal Low GI	Veal Casserole		Pork Medallion Mushroom Sauce		Grilled Fish (Hake)		Chicken Pizziola		Grilled Fish (King Dory)		Meatloaf		Roast Veal (Gravy)	
Main Meal Gluten Free	Veal Casserole		Pork Medallion Mushroom Sauce		Grilled Fish (Hake)		Chicken Pizziola		Grilled Fish (King Dory)		Meatloaf		Roast Veal (Gravy)	
Vegetables	Carrots Beans & Mashed Potato		Potato, Peas & Carrots		Pumpkin Roast Potato & Peas		Mash Potato & Stir Fry Mix		Zucchini, Chips & Mashed Pumpkin		Broccoli Carrots Mashed Potato		Carrots Roasted Potato & Spinach	
Dessert Normal	Passionfruit Panacotta		Sticky Date Pudding & Ice Cream		Apple Strudel		Tiramisu		Apple Crumble Hot Custard		Vanilla Cheesecake		Chocolate Mousse	
Dessert Vegetarian	Passionfruit Panacotta		Sticky Date Pudding & Ice Cream		Apple Strudel		Tiramisu		Apple Crumble Hot Custard		Vanilla Cheesecake		Chocolate Mousse	
Dessert Low GI	Passionfruit Panacotta		Sticky Date Pudding & Ice Cream		Apple Strudel		Tiramisu		Apple Crumble Hot Custard		Vanilla Cheesecake		Chocolate Mousse	
Dessert Gluten Free	Passionfruit Panacotta		Sticky Date Pudding & Ice Cream		Apple Strudel		Tiramisu		Apple Crumble Hot Custard		Vanilla Cheesecake		Chocolate Mousse	

Winter menu 2015

Dinner

Week 3, 15/6, 13/7, 10/8

Week 3	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Entrée Normal	Pumpkin soup with Pastina		Lentil soup puree		Chicken & Vegetable Soup		Minestrone soup with Pastina		Borloti Soup		Cauliflower Soup		Asparagus Soup	
Entrée Vegetarian	Pumpkin soup with Pastina		Lentil soup puree		Vegetable Soup		Minestrone soup with Pastina		Borloti Soup		Cauliflower Soup		Asparagus Soup	
Entrée Low GI	Pumpkin soup with Pastina		Lentil soup puree		Chicken & Vegetable Soup		Minestrone soup with Pastina		Borloti Soup		Cauliflower Soup		Asparagus Soup	
Entrée Gluten Free	Pumpkin soup with Pastina		Lentil soup puree		Chicken & Vegetable Soup		Minestrone soup with Pastina		Borloti Soup		Cauliflower Soup		Asparagus Soup	
Textured Modified Diets	Salmon Patties	Beef Casserole	Minced Chicken	Poached Fish	Macaroni & Cheese	Meatballs	Poached Fish	Tuna Mornay Mixed Veg	Cheese Frittata	Beef Casserole	Spinach Frittata	Garlic Chicken Balls	Mild Italian sausages	Chicken Sausages
Main Meal Normal	Salmon Patties	Mixed Toasted Sandwiches	Grilled Chicken Drumsticks	Fish Goujons	Macaroni & Cheese	Meatballs	Bolognaise Arancini	Tuna Mornay	Cheese Frittata	Beef Casserole	Ham Cheese Croissant	Garlic Chicken Balls	Mild Italian sausages	Mixed Toasted Sandwiches
Main Meal Vegetarian	Scrambled Eggs		Macaroni Cheese		Croissants Cheese		Ricotta/Salad		Spinach & Ricotta Cannelloni		Vegetable Frittata		Ricotta Patti	
Main Meal Low GI	Salmon Patties		Grilled Chicken Drumsticks		Meatballs		Bolognaise Arancini		Cheese Frittata		Ham Cheese Croissant		Mild Italian sausages	
Main Meal Gluten Free	Salmon Patties		Grilled Chicken Drumsticks		Meatballs		Bolognaise Arancini		Cheese Frittata		Ham Cheese Croissant		Mild Italian sausages	
Vegetables	Brussels Sprouts Potato Baby Carrots		Polenta, Broccoli & Spinach		Mash Potato/Beans Carrots		Roast Potato Pumpkin & Peas		Chips & Salad(TM Mash Potato, Beans, Carrots)		Polenta ,Zucchini & Cabbage		Roast Potato Pumpkin Broccoli	
Dessert Normal	Custard		Cream Rice Apricot		Watermelon		Trifle		Fresh Fruit Salad & Yoghurt		Chocolate Mousse		Yoghurt	
Dessert Vegetarian	Custard		Cream Rice Apricot		Watermelon		Trifle		Fresh Fruit Salad & Yoghurt		Chocolate Mousse		Yoghurt	
Dessert Low GI	Custard		Cream Rice/Apricot (Cook with Low GI Rice)		Watermelon		Trifle		Fresh Fruit Salad & Yoghurt		Chocolate Mousse		Yoghurt	
Dessert Gluten Free	Custard		Fresh Fruit		Watermelon		Trifle		Fresh Fruit Salad Yoghurt		Chocolate Mousse		Yoghurt	

Winter menu 2015

Lunch

Week 4, 22/6, 20/7, 17/8

Breakfast Choice of Cereal, Toast, Boiled Eggs Orange Juice, Apple Juice, Tea Coffee Fresh Fruit, Porridge (Bacon & Eggs on the Weekends)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
Entrée Normal	Risotto Mushroom Bacon Cream Sauce	Penne Broccoli	Spinach & Ricotta Ravioli with Sage & Burnt Butter	Minestrone Soup	Lentil Soup	Spaghetti Bolognese	Penne Napoli							
Entrée Vegetarian	Risotto Mushroom Cream Sauce	Penne Broccoli	Spinach & Ricotta Ravioli with Sage & Burnt Butter	Minestrone Soup	Lentil Soup	Spaghetti Napoli	Penne Napoli							
Entrée Low GI	Risotto Mushroom Bacon Cream Sauce	Penne Broccoli	Spinach & Ricotta Ravioli with Sage & Burnt Butter	Minestrone Soup	Lentil Soup	Spaghetti Bolognese	Penne Napoli							
Entrée Gluten Free	Risotto Mushroom Bacon Cream Sauce	Penne Broccoli	Spinach & Ricotta Ravioli with Sage & Burnt Butter	Minestrone Soup	Lentil Soup	Spaghetti Bolognese	Penne Napoli							
Textured Modified Diets	Pork Casserole	Chicken Casserole	Meatball Napoli sauce	Veal Saltimbocca	Corned Silverside Parsley Sauce	Roast Pork	Minute Steak Mushroom sauce	Chicken Schnitzel	Poached Fish	Grilled Fish	Beef Stroganoff	Beef Pattie	Roast Chicken	Pork Casserole
Main Meal Normal	Pork Casserole	Chicken Casserole	Meatball Napoli sauce	Veal Saltimbocca	Corned Silverside Parsley Sauce	Roast Pork	Pork Neck Steak Mushroom sauce	Chicken Schnitzel	Calamari	Grilled Fish (King Dory)	Beef Stroganoff	Beef hamburgers	Roast Chicken	Roast Beef
Main Meal Vegetarian	Vegetarian Pie		Caramelised Leek & Goats Cheese Tart	Eggplant Parmigiana	Pizza (Veg Topping)		Asparagus & Fresh Tomato Fettuccine		Goats Cheese & Caramelised onion Pie		Vegetarian Quiche			
Main Meal Low GI	Pork Casserole		Veal Saltimbocca	Corned Silverside Parsley Sauce	Pork Neck Steak Mushroom sauce		Grilled Fish (King Dory)		Beef Stroganoff		Roast Beef			
Main Meal Gluten Free	Pork Casserole		Veal Saltimbocca	Corned Silverside Parsley Sauce	Minute Steak Mushroom sauce		Grilled Fish		Beef Stroganoff		Pork Casserole			
Vegetables	Brussels Sprouts Potato Baby Carrots		Polenta, Broccoli & Spinach	Mash Potato/Beans Carrots	Roast Potato Pumpkin & Peas		Chips & Salad (TM Mash Potato, Beans, Carrots)		Polenta ,Zucchini & Cabbage		Roast Potato Pumpkin Cauliflower			
Dessert Normal	Poached Pears & Custard		Rhubarb & Apple with Custard	Bread & Butter Pudding	Crème Caramel		Tiramisu		Stewed Apples & Custard		Mango Cheesecake			
Dessert Vegetarian	Poached Pears & Custard		Rhubarb & Apple with Custard	Bread & Butter Pudding	Crème Caramel		Tiramisu		Stewed Apples & Custard		Mango Cheesecake			
Dessert Low GI	Poached Pears & Custard		Rhubarb & Apple with Custard	Bread & Butter Pudding	Crème Caramel		Tiramisu		Stewed Apples & Custard		Mango Cheesecake			
Dessert Gluten Free	Poached Pears & Custard		Rhubarb & Apple with Custard	Bread & Butter Pudding	Crème Caramel		Tiramisu		Stewed Apples & Custard		Mango Cheesecake			

Winter menu 2015

Dinner

Week 4, 22/6, 20/7, 17/8

Week 4	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Entrée Normal	Minestrone Soup with Pastina		Chicken & Vegetable soup		Lentil Soup		Broth with Pastina		Pumpkin Soup with Pastina		Borloti Soup		Broth & Pastina	
Entrée Vegetarian	Minestrone Soup with Pastina		Vegetable soup		Lentil Soup		Broth with Pastina		Pumpkin Soup with Pastina		Borloti Soup		Broth & Pastina	
Entrée Low GI	Minestrone Soup with Pastina		Chicken & Vegetable soup		Lentil Soup		Broth with Pastina		Pumpkin Soup with Pastina		Borloti Soup		Broth & Pastina	
Entrée Gluten Free	Minestrone Soup with Pastina		Chicken & Vegetable soup		Lentil Soup		Broth with Pastina		Pumpkin Soup with Pastina		Borloti Soup		Broth & Pastina	
Textured Modified Diets	Zucchini Frittata	Garlic Chicken Balls	Poached Fish	Sausages	Macaroni & Cheese	Pork & Veal Meatballs	Sheppard's Pie Mixed Veg	Beef Casserole	Pork Sausages Minced	Poached Chicken	Poached Chicken	Chicken Sausages (Gravy)	Sausage Casserole	Poached Fish
Main Meal Normal	Quiche Lorraine	Garlic Chicken Balls	Fish Cakes	Homemade Sausage rolls	Honey Soy Chicken Drumsticks	Pork & Veal Meatballs	Ricotta	Beef Casserole	Pork Sausages	Lemon Chicken Drumstick	Grilled Chicken Drumsticks	Mixed Toasted Sandwiches	Fish Goujons	Calamari
Main Meal Vegetarian	Scrambled Egg		Pastizzi Ricotta		Cheese croissants		Ricotta		Leek & Onion Frittata		Chargrilled Vegetable Lasagna		Vegetable Patti	
Main Meal Low GI	Quiche Lorraine		Fish Cakes		Honey Soy Chicken Drumsticks		Ricotta		Pork Sausages		Mixed Toasted Sandwiches		Fish Goujons	
Main Meal Gluten Free	Quiche Lorraine		Fish Cakes		Honey Soy Chicken Drumsticks		Ricotta		Pork Sausages		Mixed Toasted Sandwiches		Fish Goujons	
Vegetables	Carrots Cauliflower & Mashed Potato		Potato, Peas & Carrots		Pumpkin Roast Potato & Peas		Mash Potato & Stir Fry Mix		Zucchini, Mashed Pumpkin		Broccoli Carrots Mashed Potato		Carrots, Polenta & Spinach	
Dessert Normal	Vanilla Custard		Strawberry Yoghurt		Fresh Fruit Watermelon		Chocolate Custard		Rockmelon		Ice Cream		Yoghurt	
Dessert Vegetarian	Vanilla Custard		Strawberry Yoghurt		Fresh Fruit Watermelon		Chocolate Custard		Rockmelon		Ice Cream		Yoghurt	
Dessert Low GI	Vanilla Custard		Strawberry Yoghurt		Fresh Fruit Watermelon		Chocolate Custard		Rockmelon		Ice Cream		Yoghurt	
Dessert Gluten Free	Vanilla Custard		Strawberry Yoghurt		Fresh Fruit Watermelon		Chocolate Custard		Rockmelon		Ice Cream		Yoghurt	