

Example of Menu

Monday

Breakfast: Cereal Selection, Toast, Fruit, Spreads, Yoghurt

Lunch: Baked Potatoes, Corn & Bacon Sauce, Tomato & Garlic Sauce, Sour Cream, Grated Cheese, Coleslaw, Beetroot Salad, Coconut Rough, Fruit Pieces, Packed Lunches

Dinner: Beef Vindaloo, Moroccan Chicken, Tofu & Mushroom Fricasse, Scallop Potatoes, White Rice, Glazed Carrots, Steamed Green Beans, Tossed Salad, Chickpea Salad, Fruit Pieces

Wednesday

Breakfast: Cereal Selection, Toast, Fruit, Spreads, Yoghurt

Lunch: Foccocia B.L.T., Nutty Mushroom Pate, Cauliflower Salad, Pesto Pasta Salad, Louise Cake, Packed Lunches

Dinner: Slow Cooked Beef Stroganoff, Fish Mornay, Lentil & Cheese Bake, Mashed Potato, Basmati Rice, Gravy, Steamed Carrot Rings, Steamed Cabbage, Corn Salad, Mesclun Salad, Fruit Pieces

Friday

Breakfast: Cereal Selection, Toast, Fruit, Spreads, Yoghurt

Lunch: Mushroom Bruschetta, Shoestring Fries, Marinated Vege Salad, Tossed Salad, Fruit Pieces, Packed Lunches

Dinner: Beef Canneloni, Spinach & Cottage Canneloni, Garlic Bread, Stir-fried Vegetables, Mesclun Salad, Jelly Fruit Salad, Whipped Cream

Sunday

Breakfast: Cereal Selection, Toast, Fruit, Spreads, Yoghurt

Lunch: Sunday Brunch, Mesclun Salad, Fruit Pieces

Dinner: Roast Rolled Pork, Roast Chicken, Gravy, Apple Sauce, Carrot & Mushroom Loaf, Garlic Roasted Potatoes, Steamed Pumpkin, Steamed Green Peas, Steamed Green Beans, Mesclun Salad, Blueberry Sour Cream Pie, Whipped Cream

Tuesday

Breakfast: Cereal Selection, Toast, Fruit, Spreads, Yoghurt

Lunch: Chicken Pita Pocket, Falafels, Fruit Pieces, Packed Lunches

Dinner: Chicken Parmigiana, Pork Tagine, Tagine of Chickpeas, Garlic Pasta, Tuscan Potatoes, Steamed Corn Kernels, Broccoli & Almonds, Orange & Kumara Salad, Tossed Salad, Lamingtons, Whipped Cream

Thursday

Breakfast: Cereal Selection, Toast, Fruit, Spreads, Yoghurt

Lunch: Spanish Chorizo Soup, Spring Vegetable Soup, Cheese Scones, Make-Your-Own Salad, Chunky Potato Salad, Fruit Pieces, Packed Lunches

Dinner: Beef & Blackbean, Honey Ginger Chicken, Sweet & Sour Tofu, Ribbon Egg Noodles, Basmati Rice, Stir-fried Courgettes, Steamed Corn Kernels, Celery Sesame Salad, Mesclun Salad, Fruit Pieces

Saturday

Breakfast: Cereal Selection, Toast, Fruit, Spreads, Yoghurt

Lunch: Beef Tacos, Vegetarian Tacos, Tomato & Cucumber Salad, Fruit Pieces, Flavoured Milk

Dinner: Char Grilled Chicken Burger, Gourmet Nut Burger, Seasoned Potato Wedges, Coleslaw, Fruit Pieces

