

Week One Winter 2019 Kitchen Copy Only

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|---|--|---|---|
| Morning Tea | | | | | | | |
| | Chocolate Chip Muffins | Cheese and Chive Scones | Pizza Fingers | Vegemite and Cheese Toasties | Cinnamon and Apple Scones | Banana Loaf | Blueberry Muffins |
| Lunch | | | | | | | |
| Main and Puree Main | Lamb Casserole | Chicken Schnitzel served with a Creamy Mushroom Sauce | BBQ Meatloaf | Corned Beef served with Mustard Sauce | Baked Hoki Fish Fillets in a Creamy Tomato Sauce | Beef and Bean Winter Casserole | Roast Lamb served with Gravy and Mint Sauce |
| Soft Main | Lamb Casserole | Chicken Schnitzel served with a Creamy Mushroom Sauce | Meatloaf and Gravy | Corned Beef served with Mustard Sauce | Baked Hoki Fish Fillets in a Creamy Tomato Sauce | Beef and Bean Winter Casserole | Roast Lamb served with Gravy and Mint Sauce |
| Vegetables (guide only) | Honey Roasted Cabbage, Green Beans and Mashed Potato | Carrot Sticks, Peas with Potato | Broccoli, Diced Pumpkin and Mashed Potato | Long Green Beans, Baby Carrots and Whole Potato | Peas, Cabbage and chips | Mixed Vegetables, Cauliflower and Potato Croquettes | Broccoli Mornay, Roasted Pumpkin and Roast Potato |
| Desserts | Apple and Date Shortcake with Ice Cream | Cheesecake with a Raspberry Jelly Topping | Rice Pudding and Peaches | Plum Cake served with Cream | Fruit Salad Set in Jelly | Strawberry Instant Pudding Topped with a Chocolate Fish | Self Saucing Chocolate Sponge |
| Diabetic Desserts | Apple and Date Shortcake with Ice Cream | Cheesecake with a Raspberry Jelly Topping | Rice Pudding and Peaches | Plum Cake served with Cream | Fruit Salad Set in Jelly | Strawberry Pudding | Fruit and Ice Cream |
| Afternoon tea | | | | | | | |
| | Chocolate Crackle Slice | Chocolate Brownie | Lamingtons | Lolly Cake | Shortbread | Carrot Cake | Chocolate Chip Biscuits |
| Tea Meal to be served with bread and butter | | | | | | | |
| Soup | Minted Pea | Spring Vegetable | Carrot and Coriander | Cream of Chicken | Leek and Potato | Vegetable | Pumpkin and Carrot |
| Main | Leek and Potato Bake served with Stewed Tomatoes | Fried Pork Belly served with Homemade Baked Beans with Hash Browns | Smoked Salmon Egg Florentine with Hollandaise Sauce on a Potato Rosti | Sweet and Sour Sausages served on Mash Potato | Chicken and Cranberry Pizza on a Soft Base | Braised Beef served with Mashed Potato | Scrambled Eggs and Bacon served on English Muffin |
| Soft Main | Leek and Potato Bake served with Stewed Tomatoes | Baked Beans | Smoked Salmon Egg Florentine with Hollandaise Sauce on a Potato Rosti | Sweet and Sour Sausages served on Mash Potato | Chicken and Cranberry served Mashed Potato | Braised Beef served with Mashed Potato | Scrambled Eggs |
| Puree Tea Meal | Vegetable and Cheese Slice with Asparagus Sauce | Cottage Pie and Gravy | Hoki Fish and Potato with Cheese and Parsley Sauce | Chicken, Peas and Gravy | Mince, Mashed Potato served with Stewed Tomato Sauce | Beef and Vegetable Puree served with Beef Gravy | Egg and Cheese Slice with Stewed Tomatoes |