

Week Two Winter 2019 Kitchen Copy Only

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Tea							
	Sultana and Mixed Spice Scones	Muffins Spiced Apple	Spaghetti Cheese Toasties topped with Red Onions	Chelsea Date Loaf	Blueberry Muffins	Craisin Scones	Apple and Bran Muffins
Lunch							
Main and Puree Main	Beef Goulash	Chicken Thighs and Satay Sauce	Twice Cooked Pork Belly served with a Soy Gravy	Lamb Shepherds Pie	Battered Fish Fillets served with Tartare Sauce	Moroccan Braised Steak	Roast Pork with Apple Sauce and Gravy
Soft Main	Beef Goulash	Chicken Thighs and Satay Sauce	Twice Cooked Pork Belly served with a Soy Gravy	Lamb Shepherds Pie	Battered Fish Fillets served with Tartare Sauce	Moroccan Braised Steak	Roast Pork with Apple Sauce and Gravy
Vegetables (guide only)	Butter Cabbage and Parsley, Peas and Mashed Potato	Green Beans, Baby Carrots and Mashed Potato	Diced Pumpkin, Silver beet and Mashed Potato	Steamed Cauliflower and Carrot Sticks	Lettuce Salad, Sliced Beetroot and Chips	Broccoli with Cheese Sauce, Baby Carrots and Whole Potato	Peas, Roast Pumpkin and Roast Potato
Desserts	Lemon Curd Flan	Mango Ice Cream served with Baked Apples	Sticky Date Pudding served with Custard	Warm Pear Cake served with Berry Yoghurt	Apple Crumble with Ice Cream	Mini Pavlovas with Berry Jam and Whipped Cream	Ambrosia with a Pink Wafer
Diabetic Desserts	Fruit and Ice Cream	Mango Ice Cream served with Baked Apples	Sticky Date Pudding served with Custard	Warm Pear Cake served with Berry Yoghurt	Apple Crumble with Ice Cream	Ice Cream Topped with a Berry Sauce	Ambrosia with a Pink Wafer
Afternoon tea							
	Belgium Slice	Coffee Walnut Fudge	Ginger Kiss Slab	Tan Slice	Chocolate Chip Cookies	Apricot Fudge slice	Chocolate Cake
Dinner Meal to be served with bread and butter							
Soup	Tomato and Coriander	Pumpkin and Nutmeg	Minestrone	Chicken	Brown Onion	Chicken and Vegetable	Potato and Bacon
Main	Meatballs with a Korma Sauce served with Mashed Potato	Poached Egg Pronvecale served with Baby Sausages and Bacon	Macaroni Cheese served with Garlic Bread	Individual Frittata served with Stewed Tomatoes	Corned Beef served with a Vegetable Mornay in a Ramekin	Asparagus Quiche served with Carrot and Cheese Salad	Mince Bolognaise on Roasted Garlic Potato
Soft Main	Meatballs with a Korma Sauce served with Mashed Potato	Poached Egg Pronvecale served with Baby Sausages and Bacon	Macaroni Cheese	Individual Frittata served with Stewed Tomatoes	Corned Beef served with a Vegetable Mornay in a Ramekin	Asparagus Quiche served with Carrot and Cheese Salad	Mince Bolognaise on Roasted Garlic Potato
Puree Tea Meal	Pork with Pumpkin Mash and Stewed Tomatoes	Corned Beef, Potato with a Mustard Sauce	Beef and Vegetables with Black Bean Sauce	Egg Foo Young and with Potato and Sauce	Corned Beef and Mustard Sauce and Potato	Egg and Cheese Soufflé and Tomato Sauce	Beef and Vegetables with Gravy