

Week Three Winter 2019 Kitchen Copy Only

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Tea							
	Basil Cheese Pastry Bake	Mixed Currant Scones	Cheese Toasties	Scones and Jam	Date Loaf	Spinach and Three Cheese Muffins	Cheese Chive Scones
Lunch							
Main and Puree Main	Roast Chicken Thighs with a Sage and Onion Stuffing	Curried Sausages	Cold Pickled Pork with Mango Salsa	Beef Stroganoff	Panko Crumbed Fish served with Tartare Sauce	Winter Beef and Vegetable Casserole	Roast Lamb served with Gravy and Mint Sauce
Soft Main	Roast Chicken Thighs with a Sage and Onion Stuffing	Curried Sausages	Cold Pickled Pork with a Mango Salsa	Beef Stroganoff	Panko Crumbed Fish served with Tartare Sauce	Winter Beef and Vegetable Casserole	Roast Lamb served with Gravy and Mint Sauce
Vegetables (guide only)	Baby Carrots, Long Green Beans and Mashed Potato	Diced Pumpkin, Peas and Whole Potato	Cauliflower with White Sauce, diced kumara and Roast Potato	Cabbage and Silverbeet, Mixed Vegetables and Mashed Potato	Lettuce Salad, Beetroot and Chips	Baby Carrots, Beans and Mashed Potato	Cauliflower with White Sauce, Pumpkin and Roast Potato
Desserts	Vanilla Instant Pudding served with Mandarins	Chocolate Sponge with Hot Chocolate Sauce and Whipped Cream	Stewed Apple and Sultanas with a Flakey Pastry Topping	Pineapple Shortcake	Warmed Baked Trifle	Banana and Sour Cream Mousse with Biscuit Topping	Ice Cream Sundae with Peaches and Topping
Diabetic Desserts	Vanilla Instant Pudding served with Mandarins	Chocolate Sponge with Hot Chocolate Sauce and Whipped Cream	Stewed Apples and Sultanas	Pineapple Shortcake	Warmed Baked Trifle	Banana and Sour Cream Mousse with Biscuit Topping	Ice Cream Sundae with Peaches and Topping
Afternoon Tea							
	Date Slice	Sultana and Jam Slice	Apricot Fudge Slice	Lamingtons	Muesli Slice	Red Velvet Cake	Anzac Slice
Dinner Meal to be served with bread and butter							
Soup	Chicken and Lentil	Tomato and Lentil	Broccoli and Cheese	Vegetable and Bacon	Leek Chowder	Cream of Pumpkin	Beef and Noddle soup
Main	Winters Ploughman's: Ham, Sliced Cheese, Sliced Beetroot served with Chow Chow Pickle on Bread	Bacon and Egg Pie served with Green Bean Salad	Fish Fingers served with Capers in a White Sauce with a Poached Egg	Crepes with Ham, Leek and Spinach Filling	Cottage Pie with Fried Onions and Gravy	Sliced Silverside, Beetroot served with Egg Mayonnaise	Savoury Muffin Spread with Parsley Butter served with Creamy Leeks and Potato
Soft Main	Ham and Cheese Quiche served with Chow Chow	Bacon and Egg Pie served with Green Bean Salad	Fish Fingers served with Capers in a White Sauce with a Poached Egg	Ham and Leek over Potato	Cottage Pie with Fried Onions and Gravy	Sliced Silverside, Beetroot served with Egg Mayonnaise	Savoury Muffin Spread with Parsley Butter served with Creamy Leeks and Potato
Puree Tea Meal	Cottage Pie and Gravy	Cheese Souffle with a Tomato Sauce	Hoki with a Pea Puree and Parsley Sauce	Chicken Pie Potato topped with Gravy	Mince and Mixed Vegetable Puree with Mushroom Sauce	Egg and Cheese Slice with a Tomato Puree	Fish and Puree Peas served with a Cheese Sauce