

## Week Four Winter 2019 Kitchen Copy Only

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning Tea</b>							
	Plain Scones with Strawberry Jam	Apple and Bran Muffins	Corn & Cheese Toasties	Blueberry Muffins	Basil and Ricotta Scones	Walnut and Pear Loaf	Raspberry Friands
<b>Lunch</b>							
<b>Main and Puree Main</b>	Meatballs in Satay Sauce	Hot Corned Silverside served with Parsley and Mustard Sauce	Chicken Thighs in a Creamy Leek Sauce	Twice Cooked and Roasted Pork Belly served with a Warm Apple Sauce	Battered Fish served with Tartare Sauce	Chicken Schnitzel Kiev served with Plum Sauce	Roast Beef Coated with a Herb and Garlic Crust served with Gravy
<b>Soft Main</b>	Meatballs in Satay Sauce	Hot Corned Silverside served with Parsley and Mustard Sauce	Chicken Thighs in a Creamy Leek Sauce	Twice Cooked and Roasted Pork Belly served with a Warm Apple Sauce	Battered Fish served with Tartare Sauce	Chicken Schnitzel served with Garlic Butter	Roast Beef Coated with a Herb and Garlic Crust served with Gravy
<b>Vegetables (guide only)</b>	Long Green Beans, Baby Carrot Mashed Potato	Silver beet, Mixed Vegetables and Potato	Broccoli with Cheese Sauce, Diced Pumpkin and Roast Potatoes	Butter Beans, Jardinière of Carrots and Mashed Potato	Lettuce Salad with Highlander Dressing, Sliced Beetroot and Chips	Cabbage and Silver beet, Baby Carrots and Potato	Broccoli with White Sauce, Peas and Roast Potato
<b>Desserts</b>	Apricot Sponge with Whipped Cream	Raspberries in Jelly served with Whipped Cream	Marmalade Bread and Butter Pudding with Cream	Ice Cream served with a Hot Chocolate Sauce	Sultana Pudding with Butterscotch Cream	Pineapple Sago	Chocolate Mousse with Mandarins
<b>Diabetic Desserts</b>	Apricot Sponge with Whipped Cream	Ginger and Raspberry Jelly served with Whipped Cream	Marmalade Bread and Butter Pudding with Cream	Ice Cream and Fruit	Sultana Pudding with Cream	Pineapple Sago	Mousse served with Mandarins
<b>Afternoon tea</b>							
	Tan Slice	Rice Bubble Cake	Lamingtons	Ginger Crunch	Date Slice	Banana Cake	Peanut Biscuits
<b>Dinner Meal to be served with bread and butter</b>							
<b>Soup</b>	Tomato and Pepper	Soup Curried Butternut	Summer Vegetable Minestrone	Cream of Carrot and Coriander	Cream of Broccoli	Cream of Potato & Leek	Chicken & Herb
<b>Main</b>	Classic Quiche Lorraine served with Onion Relish	Southern Style Pulled Pork on a Toasted Muffin served with a Hickory Sauce	Meat Loaf with BBQ Sauce and served with Mushy Peas	Cauliflower Bake with Bacon and Diced Pumpkin	Avocado Mash and Scrambled Eggs on English Muffin	Lasagne served with Garlic Bread	Sausage Rolls with Basil Coated Potato
<b>Soft Main</b>	Classic Quiche Lorraine served with Onion Relish	Southern Style Pulled Pork on a Toasted Muffin served with a Hickory Sauce	Meat Loaf with BBQ Sauce and served with Mushy Peas	Cauliflower Bake with Bacon and Diced Pumpkin	Avocado Mash and Scrambled Eggs	Lasagne served with Garlic Bread	Eggs with Basil Coated Potato
<b>Puree Tea Meal</b>	Pulled Pork, Mashed Potato and Stewed Tomatoes	Cottage Pie and Gravy	Mince and Mashed Pumpkin with Gravy	Egg and Vegetable Slice served with Cheese Sauce	Cheese and Egg Slice with Mild Curry Sauce	Cottage Pie and Gravy	Chicken and Vegetable, Mashed Potato with a Cheese Sauce