



Spring Menu week 1

Monday

Midday Meal

Mango & Coconut
Chicken
Steamed Rice,
Carrots
Green Beans

*Fruit Berry
Crumble
& Custard*

Evening Meal

Beef & Lentil
Soup

Quiche Lorraine,
Wedges
Greek Salad

*Spiced Rice
Pudding*

Tuesday

Midday Meal

Porterhouse Steak
Caramelised
Onions, Creamy
Mash Potato, Corn,
Roasted Zucchini
with Cheese &
Feta, Gravy

*Assorted Danish
& Cream*

Evening Meal

Moroccan Chickpea
Soup

Grilled Teriyaki
Salmon
Baked Potato Slice

*Mango Custard
Slice*

Wednesday

Midday Meal

Pickled Pork with
Mustard Sauce,
Sweet Potato Mash
Cabbage
Broccolini

*Beetroot &
Chocolate Brownie
with Chocolate
Sauce*

Evening Meal

Chicken Noodle
Soup

Meat Lovers Pizza,
Hawaiian Pizza,
Garden Salad

*Port Wine Fruit
Trifle*

Thursday

Midday Meal

Roast Chicken
Florentine
Rosemary Roasted
Potato
Roast Pumpkin
Green Beans

*Coconut Sago with
Lychee*

Evening Meal

Homemade
Minestrone Soup

Savoury Lamb
Mince
Jacket Potatoes
Zucchini Bake

*Berry Mouse with
Berry Coulis*

Friday

Midday Meal

Crunchy Crumbed
Flounder Fillet
Homemade
Wedges
Coleslaw &
Beetroot

*Apple Crepes
& Cream*

Evening Meal

Potato & Corn
Covder

Homemade
Sausage Rolls
Chips
Greek Salad

Citrus Pannacotta

Saturday

Midday Meal

Lamb Ragu with
Tomato Sauce
Parmesan Mash
Garden Salad

Mango Cheesecake

Evening Meal

Creamy Sweet
Potato Soup

Steamed Dim Sims
Special Fried Rice
Spring Rolls
Prawn Crackers

*Waffles with Maple
Syrup & Ice Cream*

Sunday

Midday Meal

Provençal Beef
Roast
Roast Potato
Honey Roast
Carrot, Brussel
Sprouts
& Gravy

Tiramisu

Evening Meal

Tomato Soup

Spinach Frittata
Homemade
Wedges
Green Salad

*Golden Crumb
Ice Cream*

