



Spring Menu week 3

Monday

Midday Meal

Lemon Chicken
Egg Fried Rice
Asian Vegetables
Beans

*Apricot Crumble
& Custard*

Evening Meal

Beef & Vegetable
Soup

Barramundi with
Coconut Crumb
Chips
Coleslaw

*Rice Pudding &
Rhubarb Compote*

Tuesday

Midday Meal

Pork Loin Chops
& Gravy
Roasted Diced Potato
Yellow Beans
Peas

*Sticky Date Pudding
& Ice Cream*

Evening Meal

Cream of Pumpkin
Soup

Salmon & Asparagus
Quiche
Garlic Roasted Potato
Carrot & Zucchini

*Apple & Banana
Custard*

Wednesday

Midday Meal

Roast Beef & Gravy
Roast Potato
Baked Pumpkin Slice
Brussel Sprouts

*Berry & Peach
Upside-down Cake
& Cream*

Evening Meal

Asian Chicken Noodle
Soup

Meat Lovers Pizza
Hawaiian Pizza
Garden Salad

*Milk Jelly with
Two Fruits*

Thursday

Midday Meal

Sweet & Sour Pork
Steamed Rice
Stir Fry Vegetables

*Lemon Self Saucing
Pudding & Custard*

Evening Meal

Spring Vegetable
Soup

Chicken & Mushroom
Pasta
Parmesan Cheese
Garlic Bread

*Warm Roasted Stone
Fruit & Custard*

Friday

Midday Meal

Beer Battered
Flathead with
Tartare Sauce
Homemade Wedges
Tomato & Cucumber
Salad, Beetroot

Apple Pie & Cream

Evening Meal

Zucchini, Potato &
Parmesan Soup

Homemade Sausage
Rolls with Gravy
Roasted Garlic Potato
Green Beans

*Waffles with Banana,
Maple Syrup &
Cream*

Saturday

Midday Meal

Chicken Schnitzel
& Gravy
Scalloped Potatoes
Corn
Peas

*Peach & Mango
Cheesecake*

Evening Meal

Sweet Potato
& Lentil Soup

Cheeseburger in Bun
with Beetroot &
Lettuce

*Coffee & Amaretto
Pannacotta*

Sunday

Midday Meal

Roast Lamb with
Gravy & Mint Sauce
Roast Potato
Roast Carrot
Green Beans

Raspberry Tiramisu

Evening Meal

Tomato Soup

Spinach & Feta
Frittata
Greek Salad

*Strawberry Summer
Ice Cream*

