

# Weekly Menu

CYCLE TWO



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>		<b>Choice of:</b> Fruit and/or Yoghurt ≈ Laxative Oatbran or Benefibre ≈ Cereals – Cornflakes, Weetbix or Porridge Toast or Bread and Margarine – Spreads of either Honey, Peanut Butter, Vegemite, Apricot or Raspberry Jam, Marmalade Poached Egg on toast <b>Drinks:</b> Water / Tea / Coffee / Milo / Orange Juice / Lemonade						
<b>Morning Tea</b>		Sausage Rolls	Sweet Scones	Sandwiches	Savoury Muffin	Cruskits	Sally Lunn	Pikelets
<b>Lunch</b>	<b>Meat</b> Normal Mince or Pureed	Curried Chicken	Corned Silverside	Shepherds Pie	Braised Steak	Battered Fish or Steamed with white sauce	Pork Meatballs with Sweet & Sour sauce	Roast Chicken
	<b>Veges</b> Normal or Pureed	Mashed Potato/ Rice Carrots Peas	Mashed Potato Mashed Carrots/Parsnip Cauliflower	Mashed Potato Pumpkin Beans	Whole Potato Cabbage Mixed Vegetables	Chips, Coleslaw & Beetroot or Carrot Sticks Brussel Sprouts	Rice / Mashed Potato Mild Curried Vegetables	Roast Potato & Pumpkin Peas
<i>Lunch is followed by Dessert or Platters of Seasonal Fresh Fruit</i>								
<b>Afternoon Tea</b>		Tea / Coffee / Milo / Orange Juice / Lemonade / Alcoholic Beverage / Slice or Cake						
<b>Evening Meal</b>	<b>Soup</b> Normal or Pureed	Cream of Vegetable	Pumpkin	French Onion	Pea & Ham	Crème of Chicken & Corn	Tomato	Spring Vegetable
	<b>WITH SOUP:</b>	Bread / Spreads / Cheese Slices						
	<b>DRINK:</b>	Tea / Coffee / Milo / Orange Juice / Lemonade / Alcoholic Beverage						
	<b>Savoury</b> Normal Mince or Pureed	Baked Egg	Meat & Salad Vegetable Bake – purees	Oakhill Potato	Spaghetti Milanese with Hash Browns	Toasted Sandwiches Scrambled Egg	Quiche Filling only – purees	Macaroni Cheese
<b>Dessert</b> Normal or Diabetic	Fruit Sponge & Custard	Jaffa Custard & Pears	Jelly Whip & Fruit	Apple Shortcake & Cream or Ice Cream	Creamy Semolina	Chocolate Mousse & Mandarin	Cheesecake & Fruit	
<b>Supper</b>		Tea / Coffee / Milo / Orange Juice / Lemonade / Sandwich / Biscuit or Cake						