



WINTER MENU 2018 - WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MORNING TEA	A SELECTION OF FRESH SEASONAL FRUITS AND MILK				
LUNCH	<p style="text-align: center; color: purple;">Beef and Vegetable with Black Bean Sauce and Rice</p> <p>Ingredients: Beef mince, onion, garlic, capsicum, mushroom, carrot, zucchini, olive oil, Kan Tong beef and black bean sauce, rice.</p>	<p style="text-align: center; color: purple;">Crumbed Chicken with Alfredo Pasta</p> <p>Ingredients: Chicken, bread crumbs, spiral pasta, cream, parsley, thyme, onion, olive oil, parmesan cheese.</p>	<p style="text-align: center; color: purple;">Vegetable & Pearl Barley Soup</p> <p>Ingredients: Onion, carrot, celery, zucchini, parsnip, turnip, vegetable stock powder, pearl barley, water.</p>	<p style="text-align: center; color: purple;">Salmon Mornay</p> <p>Ingredients: Shell pasta, margarine, plain flour, milk, pink salmon, onion, tasty cheese, bread crumbs</p>	<p style="text-align: center; color: purple;">Irish Stew</p> <p>Ingredients: Lamb mince, beef stock powder, carrots, peas, potato, gravy powder, water.</p>
Meat alternative	Lentils	Tofu		Chickpeas	Mixed Beans
AFTERNOON TEA	<p style="text-align: center; color: purple;">Vanilla Muffins</p> <p>Ingredients: Self raising flour, milk, brown sugar, olive oil, eggs, vanilla essence</p>	<p style="text-align: center; color: purple;">Savoury Scones</p> <p>Ingredients: Self raising flour, margarine, zucchini, carrot, spring onion, milk</p>	<p style="text-align: center; color: purple;">Raisin Bread</p>	<p style="text-align: center; color: purple;">Savoury Platter</p> <p>Ingredients: French onion dip, tasty cheese, sultanas, rice crackers.</p>	<p style="text-align: center; color: purple;">Coconut Cookies</p> <p>Ingredients: Margarine, plain flour, self raising flour, margarine, dessicated coconut, milk</p>
LATE SNACK	RICE CRACKERS WITH CHEESE <u>OR</u> RICE CAKES WITH VEGEMITE				

All meals are modified to suit dietary requirements as needed.



WINTER MENU 2018 - WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MORNING TEA	A SELECTION OF FRESH SEASONAL FRUITS AND MILK				
LUNCH	Lamb Chow Mein Ingredients: Lamb mince, water, carrot, celery, cabbage onion, curry powder, chicken noodle soup mix, olive oil, rice.	Mixed Bean & Vegetable Pasta Ingredients: Mixed beans, zucchini, sweet potato, celery, onion, garlic, passata sauce, mixed herbs, shell pasta, olive oil.	Chicken Korma with Rice Ingredients: Olive oil, onion, garlic, chicken, capsicum, carrot, peas, corn, potato, korma curry paste, rice.	Minestrone Soup Ingredients: Carrots, zucchini, leek, kidney beans, pasta, diced tomato, vegetable stock powder, onion, corn, water	Fish Curry with Rice Ingredients: Basa, potato, carrot, corn, peas, beans, korma curry paste, onion, water.
Meat alternative	Lentils		Tofu		Chickpeas
AFTERNOON TEA	Raisin Bread with Margarine	Jam Drops Ingredients: Margarine, self raising flour, vanilla essence, raspberry jam, brown sugar.	Rice Cakes with Vegemite & Cheese	Sausage Rolls Ingredients: Puff Pastry, sausage mince, vegetable stock powder, grated carrot, onion powder.	Savoury Platter Ingredients: Sultanas, apricots, rice crackers, cheese.
LATE SNACK	RICE CRACKERS WITH CHEESE <u>OR</u> RICE CAKES WITH VEGEMITE				

All meals are modified to suit dietary requirements as needed.



WINTER MENU 2018 - WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MORNING TEA	A SELECTION OF FRESH SEASONAL FRUITS AND MILK				
LUNCH	<p>Tuna Pilau</p> <p>Ingredients: olive oil, onion, curry powder, basmati rice, water, vegetable stock powder, zucchini, peas, corn, carrot, tuna.</p>	<p>Lamb Nasi Goreng</p> <p>Ingredients: Lamb mince, rice, olive oil, garlic, peas, corn, carrot, nasi goreng paste, water.</p>	<p>Beef Bolognaise</p> <p>Ingredients: Beef mince, garlic, onion, crushed tomato, tomato paste, water, beef stock powder, italian herbs, spiral pasta.</p>	<p>Chicken, Corn & Risoni Soup</p> <p>Ingredients: Chicken, corn, risoni pasta, water, chicken stock powder, onion.</p>	<p>Black Bean Burrito with Avocado & Salsa</p> <p>Ingredients: Black beans, cumin, garlic, coriander, oregano, rice, avocado, salsa.</p>
Meat alternative	Chickpeas	Lentils	Mixed Beans	Tofu	
AFTERNOON TEA	<p>Mixed Sandwiches</p> <p>Ingredients: Bread, margarine, jam, vegemite, cheese</p>	<p>Spinach & Ricotta Triangles</p> <p>Ingredients: puff pastry, spinach, ricotta, milk.</p>	<p>Avocado Dip with Rice Crackers</p>	<p>Banana Bread</p> <p>Ingredients: Banana, margarine, sugar, egg, vanilla extract, flour, baking soda.</p>	<p>Scones with Jam</p> <p>Ingredients: Margarine, milk, self raising flour, raspberry jam.</p>
LATE SNACK	RICE CRACKERS WITH CHEESE <u>OR</u> RICE CAKES WITH VEGEMITE				

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WINTER MENU 2018 - WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MORNING TEA	A SELECTION OF FRESH SEASONAL FRUITS AND MILK				
LUNCH	Pumpkin Soup with Bread Rolls Ingredients: Pumpkin, potato, onion, water, vegetable stock powder.	Tuna Pasta Bake Ingredients: Spiral pasta, cream, tuna, onion, garlic, vegetable stock, olive oil, tasty cheese.	Lamb Wraps with Lettuce & Cheese Ingredients: Lamb mince, BBQ sauce, olive oil, lettuce, cheese, tortilla.	Chilli Con Carne Ingredients: Beef mince, onion, olive oil, garlic, crushed tomato, tomato paste, kidney beans, cumin, chilli flakes, oregano, rice.	Butter Chicken with Rice Ingredients: Chicken, garlic, onion, olive oil, butter chicken sauce, rice.
Meat alternative		Chickpeas	Lentils	Mixed Benas	Tofu
AFTERNOON TEA	Carrot & Zucchini Fritters Ingredients: Zucchini, carrot, egg, parmesan cheese, plain flour, olive oil.	Fruit Muffins Ingredients: Self raising flour, brown sugar, olive oil, egg, mixed dried fruit, milk.	Vanilla Yoghurt with Granola Ingredients: Vanilla yoghurt, fruit meusli, honey.	Savoury Platter Ingredients: Cheese, cucumber, carrot, rice crackers, tzatziki dip.	Pizza Muffins Ingredients: English muffins, tomato paste, mixed herbs, tasty cheese.
LATE SNACK	RICE CRACKERS WITH CHEESE <u>OR</u> RICE CAKES WITH VEGEMITE				

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