

Menu Name	AUTUMN WINTER MENU 2024		Week 4	Cycle 1	Download Date: 12/04/2024 14:11			
AUTUMN WINTER MENU 2024								
Meal Period	Section Name	Mon 20 May 2024	Tue 21 May 2024	Wed 22 May 2024	Thu 23 May 2024	Fri 24 May 2024	Sat 25 May 2024	Sun 26 May 2024
Breakfast	Hot			Fired Egg			Fired Egg	Ham Cheese Croissant
	Continental Breakfast	Continental BFast	Continental BFast	Continental BFast	Continental BFast	Continental BFast	Continental BFast	Continental BFast
	Hot Beverages	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals
	Texture Modified - PU4	Porridge, Breakfast Scrambled Eggs	Porridge, Breakfast Scrambled Eggs	Porridge, Breakfast Scrambled Eggs	Porridge, Breakfast Scrambled Eggs	Porridge, Breakfast Scrambled Eggs	Porridge, Breakfast Scrambled Eggs	Porridge, Breakfast Scrambled Eggs
Morning Tea	Snack Items	Apple and Cinnamon Muffin	Strawberry Vanilla Crumble Muffin	Chocolate Cake	Pancakes	Strawberry and Vanilla Cake	Scones with preserves and cream	Cornflake Cookies
	Hot Beverages	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals
	Texture Modified - PU4	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit
	Texture Modified - SB6							
Lunch	Soups							
	Option 1	Chicken Schnitzel	Lazanki -Polish Pasta with pork and Sauerkraut	Char Siu Pork with Fried Rice	Garlic chicken thigh fillets	Crumbed Fish and Chips with Tartar Sauce and Lemon	Holy Family Services – Marayong-Pierogi Polish Meat dumplings	Roast Pork with Apple Sauce or Gravy
	Option 2	Beef Casserole	Apricot Chicken	Baked Fish w- Tomato Salsa	Beef Diane	Pork Chops with Onion Gravy	Chicken and Vegetable Hot Pot	Chicken Paprikash
	Vegetarian	Vegetable Ragout	Moroccan Chickpeas, Lentil and Tomatoes	Veg fried rice	Thai Yellow Curry with Vegetables	Spinach and Three Cheese Triangles	Vegetable Hot Pot	Cauliflower and Leek Pie
	Side Starches	Mash Potato Fresh	Steamed Rice	Sweet Potato Mash	Roast Chat Potatoes with Tuscan Herbs	Roasted Sweet Potato	Roast Pumpkin	Parsley Potatoes
	Side Vegetables	Steamed Broccoli	Steamed Seasonal Vegetables	Wilted Spinach and Spring Cabbage	Steamed Broccoli	Garden Salad, Basic Coleslaw	Minted Peas	Mixed Vegetables
	Sides	Carrots with Dill Butter			Roast Carrot		Braised Cabbage	
	Sandwiches	Assorted Sandwiches	Assorted Sandwiches - Costing	Assorted Sandwiches - Costing	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches - Costing	Assorted Sandwiches
	Salads	Chefs Daily Salad	Chefs Daily Salad	Chefs Daily Salad	Chefs Daily Salad	Chefs Daily Salad	Chefs Daily Salad	Chefs Daily Salad
	Desserts	Chocolate Mousse	Peach and Custard Jelly pots	Apple Strudel	Caramelise Pineapple	Ice Cream Sundae	Banana Custard	Apricot and Coconut Crumble
	Hot Beverages	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals
	Texture Modified - PU4	TM Instant Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Beef - PU4, TM Chicken - PU4	TM Instant Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Lamb - PU4, TM Chicken - PU4	TM Instant Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Pork - PU4, TM Fish - PU4	TM Instant Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Beef - PU4	TM Instant Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Pork - PU4	TM Instant Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Lamb - PU4, TM Chicken - PU4	TM Instant Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Pork - PU4, TM Chicken - PU4

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	Texture Modified - SB6								
Afternoon Tea	Snack Items	Sweet Biscuits - 20 gram	Sweet Biscuits - 20 gram	Sweet Biscuits - 20 gram	Sweet Biscuits - 20 gram	Sweet Biscuits - 20 gram	Sweet Biscuits - 20 gram	Sweet Biscuits - 20 gram	
	Hot Beverages	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	
	Texture Modified - PU4	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	
	Texture Modified - SB6								
Dinner	Soups	Cream of Mushroom Soup	Zucchini Soup	Polish Chicken Noodle Soup	Broccoli and Cheese Soup	Sweet Potato Soup	Capsicum Tomato and Basil Soup	Polish Chicken Noodle Soup	
	Option 1	Ginger Soy Baked Fish	Spaghetti Bolognese	Pizza Muffins	Polish fish Ryba Po Grecku	Cottage Pie	Beef Brisket and Mushroom Pie, Spinach and Ricotta Pastizzi	Thick Pork Sausages with Onions and Gravy	
	Soft	Ginger Soy Baked Fish	Spaghetti Bolognese	Tomato Quiche	Polish fish Ryba Po Grecku	Cottage Pie	Beef Brisket and Mushroom	Savoury Mince	
	Vegetarian	Chickpea and Vegetable Stew	Corn and Zucchini Fritters	Vegetable Carbonara	Spinach and Cheese Quiche	Vegetable Cottage Pie	Mushroom Pie	Honey Soy Stir fry Vegetables and Tofu	
	Side Starches	Crushed Herb Potatoes	Sweet Potato Mash	Wedges	Roast Potato		Golden Roast Chat Potatoes	Roast Sweet Potatoes	
	Side Vegetables	Green Cabbage and Spinach - from frozen	Mixed Vegetables		Steamed Pumpkin	Mixed Vegetables	Steamed Greens	Steamed Broccoli	
	Sides			Peas, Corn and Capsicum	Steamed Peas		Roasted Spiced Cauliflower	Herbed Baby Carrots	
	Sandwiches	Assorted Sandwiches - Costing	Assorted Sandwiches	Assorted Sandwiches - Costing	Assorted Sandwiches - Costing	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches - Costing	
	Salads	Chefs Daily Salad	Chefs Daily Salad	Chefs Daily Salad	Chefs Daily Salad	Chefs Daily Salad	Chefs Daily Salad	Chefs Daily Salad	
	Desserts	Vanilla Cheesecake	Peaches and Custard	Butterscotch Pudding and Custard	Lemon and Blueberry Cake	Cream of Rice and Raisins	Coffee Cake	Fruit Salad	
	Hot Beverages	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	Tea and coffee - all meals	
	Texture Modified - PU4	TM Instant Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Fish - PU4, TM Pork - PU4	TM Instant Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Beef - PU4, TM Fish - PU4	TM Instant Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Chicken - PU4, TM Lamb - PU4	TM Instant Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Fish - PU4, TM Lamb - PU4	TM Instant Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Fish - PU4, TM Lamb - PU4	TM Instant Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Beef - PU4, TM Chicken - PU4	TM Instant Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Beef - PU4, TM Fish - PU4	TM Instant Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Lamb - PU4, TM Fish - PU4
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