

Menu Name	SPRING MENU 2024		Week 1	Cycle 1				
SPRING MENU 2024								
Meal Period	Section Name	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Hot			Fried Egg & Spaghetti with Tomato and Cheese			Fried Egg & Baked beans	Tomato and 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	Scrambled Egg/Porridge	Scrambled Egg/Porridge	Scrambled Egg/Porridge	Scrambled Egg/Porridge	Scrambled Egg/Porridge	Scrambled Egg/Porridge	Scrambled Egg/Porridge
Morning Tea	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits
	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
	SB6							
Lunch	Soups							
	Option 1	Chicken Meatloaf with Gavy	Roasted Pork served with Apple Sauc/ Gravy	Grilled Fish with Bernaise Sauce	Lamb Moussaka	Homemade Crumbed Fish w Lemon and Tartare	Polish Egg Meatloaf	Roast Beef with Horseradish and Gravy
	Option 2	Polish Lazanki	Chicken A la king	Polish Meatballs with Dill Sauce	Macaroni and Cheese Bake	Country Lamb Stew	Chinese Chicken Stir Fry with vegetables and Noodles	Spinach and Ricotta Ravioli
	Side Starches	Roasted Rosemary Potatoes	Steamed Rice/Baked Potato	Creamed Potato	Mash Potato	Chips	Mash Potato	Roast Potato
	Side Vegetables	Steamed Carrot, Zucchini cauli and Broccoli	Baby Beans	Steamed Broccoli	Yellow and Green Beans Buttered	Garden Salad	Brussel Sprouts, Steamed	Broccoli and Cauliflower
	Sides		Roast Pumpkin	Baby Carrots		Mixed veg Steamed	Roasted Sweet Potato	Steamed Carrots
	Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	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	Mango Mousse	Pear and White Chocolate Crumble w Custard	Polish Rhubarb Cake with cream	Vanilla Panna Cotta	Coconut Sago	Sultana and Cinnamon Bread & Butter Pudding	Ice Cream and Caramel Topping
	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 Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Pork - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Lamb - PU4, TM Chicken - PU4
	SB6							

Menu Name	SPRING MENU 2024		Week 3	Cycle 1					
SPRING MENU 2024									
Meal Period	Section Name	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	Hot	Baked Beans	Scrambled Eggs	Spaghetti with Tomato and Cheese	Scrambled Eggs	Baked Beans	Grilled Bacon, Poached Egg and Hash Brown	Scrambled Eggs	
	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	Porridge	Porridge	Porridge	Porridge	Porridge	Porridge	
Morning Tea	Snack Items	Strawberry and Vanilla Cake	Passionfruit slice	Blondies	Apricot and coconut muffin	Sausage Rolls	Lemonade Scones w Jam and Cream	White chocolate and macadamia slice	
	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	Golumpki (Pork Cabbage Roll)	Pork and Vegetable Meatloaf with Gravy	Baked Fish with Cheese and Parsley Sauce	Beef Spaghetti Bolognaise	Homemade Battered Fish - Lemon and Tartare Sauce	Maple Glazed Pork	Roast Chicken Thigh with Gravy	
	Option 2	Portuguese Style Chicken	Apricto Chicken	Lamb Kofta with Minted Yoghurt	Vegetable and Lentil Tofu casserole	Spinach and Fetta Triangles	Creamy Chicken and Spinach Pasta Bake	Lamb and Bean Stew	
	Side Starches	Mash Potato	Roast Pumpkin	Roast Sweet Potatoes	Steamed Rice	Chips	Golden Roast Chat Potatoes	Roast Potato	
	Side Vegetables	Buttered Yellow Beans	Steamed cauliflower	Steamed Zucchini and Beans	Steamed Broccoli	Garden Salad	Brussel Sprouts, Steamed	Minted Peas	
	Sides	Buttered Carrots	Peas		Cauliflower Mornay	Cauliflower, Broccoli and Carrot	Oven Roasted Cauliflower	Herbed Baby Carrots	
	Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	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	Banana and Caramel Mousse	French Vanilla Cheesecake with Cream	Orange Syrup Cake with Custard	Baked Custard	Ice Cream with Strawberry Topping	Sultana Pudding with Cream	Vanilla Ice cream with Mixed Berry Compote	
	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 Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Pork - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Lamb - PU4, TM Chicken - PU4
	Texture Modified - SB6								

Menu Name	SPRING MENU 2024		Week 4	Cycle 1				
SPRING MENU 2024								
Meal Period	Section Name	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Hot			Fried Egg, Baked Beans			Fried Egg, Spaghetti with Tomato and Cheese	Tomato and 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/Scrambled Eggs	Porridge/Scrambled Eggs	Porridge/Scrambled Eggs	Porridge/Scrambled Eggs	Porridge/Scrambled Eggs	Porridge/Scrambled Eggs	Porridge/Scrambled Eggs
Morning Tea	Snack Items	Banana Bread	Lemon slice	Cornflake Cookies	Chocolate Chip Muffin	Cheese and Crackers	Scones with preserves and cream	Coconut and Strawberry Slice
	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
	SB6							
Lunch	Soups							
	Option 1	Beef Meatballs with Creamy Mushroom Dill Sauce	Polish Kotley Mielone(Ground Pork Cutlets)	Tuna Mornay with Crispy Crumble	Roast Beef with Pan Gravy	Homemade Crumbed fish with Lemon and tartare sauce	Slow Cooked Moroccan Lamb	Roast Pork with Apple Sauce or Gravy
	Option 2	Chicken and Mushroom Pasta	Satay Beef	Lamb Rissoles with Gravy	Kopytka (Polish Gnocchi)	Spinach Omelette	Chicken and Vegetable Hot Pot	Eggplant Parmigiana
	Side Starches	Mash Potato	Potato Wedges	Sweet Potato Mash	Roast Chat Potatoes with Tuscan Herbs, Steamed Rice	Chips, Steamed Rice	Roast Pumpkin	Parsley Potatoes
	Side Vegetables	Steamed Broccoli	Braised Cabbage, Garden Salad	Steamed Carrot, Zucchini, Cauli and Broccoli	Brussel Sprouts, Steamed	Garden Salad	Yellow and Green beans buttered	Steamed Carrot, Zucchini, Cauli and Broccoli
	Sides	Carrots with Dill Butter			Honey Glazed Baby Carrots			
	Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	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	Lemon Sago with Cream	Apple Strudel, Custard	Turkish Delight Pannacotta	Ice Cream Sundae	Two Fruit Trifle	Ice Cream with Chocolate topping
	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 Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Beef - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Lamb - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Pork - PU4, TM Fish - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Lamb - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Pork - PU4, TM Chicken - PU4

