

Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning Tea</b>							
<b>Snacks Morning Tea Choices</b>	Orange Cake <b>OR</b> Orange Cake	Fruit Scones <b>OR</b> Fruit Scones	Apple Tea Cake <b>OR</b> Apple Tea Cake	Date and Oat Cookies <b>OR</b> Puree Fruit	Banana Muffins <b>OR</b> Banana Muffins	Carrot Cake <b>OR</b> Carrot Cake	Coconut Jam Slice <b>OR</b> Coconut Jam Slice
<b>Lunch</b>							
<b>Main Lunch Choices</b>	Chicken Pattie in Tomato Sauce <b>OR</b> Pork Meatball with Mustard Sauce	Hamburgers <b>OR</b> Pork and Vegetable Stir Fry	Golabki- Cabbage Rolls in Tomato Sauce <b>OR</b> Chicken Zucchini Pasta	Roast Chicken Thigh <b>OR</b> Pork Belly with Apple and Prunes	Battered Fish and Chips <b>OR</b> Beef Ravioli	Meatloaf in BBQ Sauce <b>OR</b> Sweet and Sour Pork 2	Roast Beef with Wholegrain Mustard <b>OR</b> Apricot Chicken
<b>Main Soft</b>	Chicken Pattie in Tomato Sauce	Pork and Vegetable Stir Fry	Chicken Zucchini Pasta	Baked Chicken	Steamed Fish 1	Sweet and Sour Pork 2	Apricot Chicken
<b>Main Texture Mod</b>	Chicken Pattie in Tomato Sauce <b>OR</b> Beef	Beef Patties <b>OR</b> Chicken	Golabki- Cabbage Rolls in Tomato Sauce <b>OR</b> Beef	Baked Chicken <b>OR</b> Beef	Baked Fish <b>OR</b> Chicken	Meatloaf in BBQ Sauce <b>OR</b> Meatloaf in BBQ Sauce	Apricot Chicken <b>OR</b> Chicken
<b>Vegetables Lunch Choices</b>	Mashed Potatoes <b>OR</b> Cauliflower and Broccoli Mornay <b>OR</b> Roast Carrot	Steamed Rice <b>OR</b> Chips 1 <b>OR</b> Roast Sweet Potato	Boiled Parsley Potato <b>OR</b> Steamed Broccoli <b>OR</b> Roast Pumpkin	Potato Bake <b>OR</b> Braised Cabbage <b>OR</b> Carrots with Honey Butter	Chips 1 <b>OR</b> Coleslaw	Creamy Mashed Potato <b>OR</b> Steamed Rice <b>OR</b> Buttered Cauliflower <b>OR</b> Steamed Carrots	Roast Potato <b>OR</b> Steamed Brussel Sprouts <b>OR</b> Roasted Pumpkin
<b>Vegetables Texture Mod</b>	Creamy Mashed Potato	Creamy Mashed Potato	Creamy Mashed Potato	Creamy Mashed Potato	Creamy Mashed Potato	Creamy Mashed Potato	Creamy Mashed Potato
<b>Dessert Dessert</b>	Rice and Apple with Cream	Sticky Date Pudding	Lemon self Saucing Pudding	Pavlova with Cream and Fruit Salad	Ice cream and Topping	Jellied Fruit	Ice Cream Sundae

Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Dessert Texture Mod</b>	Rice and Apple with Cream	Sticky Date Pudding	Lemon self Saucing Pudding	Pavlova with Cream and Fruit Salad	TMO Ice Cream	Fruit Puree	TMO Ice Cream
<b>Dinner</b>							
<b>Soup Soup</b>	White Borscht- Bialy Barszcz	Chicken and Corn Soup	Dill and Cucumber Soup	Cream of Cauliflower Soup	Vegetable Soup	Creamy Zucchini Soup	Chicken Noodle Soup
<b>Main Dinner Choices</b>	Chicken Nuggets with BBQ Sauce and Mixed Salad	Frittata with Mushroom and Bacon	Ryba Po Grecku Fish in Tomato Sauce	Corned Beef Salad	Chicken Tender	Beef Sausage in Onion Gravy	Irish Fisherman's Pie
<b>Main Soft</b>	Chicken nugget	Frittata with Mushroom and Bacon	Ryba Po Grecku Fish in Tomato Sauce	Traditional Corned Beef	Chicken Tender	Savoury Mince 1	Fish Fingers with Tartare Sauce
<b>Main Texture Mod</b>	Savoury Mince 1	Ham Frittata	Ryba Po Grecku Fish in Tomato Sauce	Baked Chicken	Chicken Tender	Savoury Mince 1	Baked Fish
<b>Main Sandwiches</b>	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<b>Main Salad</b>	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate
<b>Vegetables Accompaniment</b>	Egg and Beetroot Salad <b>OR</b> Creamy Potato Salad	Garden Salad	Creamy Mashed Potato <b>OR</b> Steamed Mix Vegetables	Mushy Peas <b>OR</b> Roast Honey Carrot	Garden Salad	Mashed Potatoes <b>OR</b> Steamed Green Peas	Sweet Potato Mash <b>OR</b> Silverbeet and Cabbage
<b>Dessert Dessert</b>	Slice Melon <b>OR</b> Fruit Puree	Apricot and Yoghurt <b>OR</b> Yoghurt 1	Pears with Custard <b>OR</b> Custard	Mandarine Segments <b>OR</b> Baked Custard	Coconut Sago Pudding <b>OR</b> Custard	Sliced Watermelon <b>OR</b> Fruit Puree	Fresh Fruit Salad <b>OR</b> Fruit Puree

Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning Tea</b>							
<b>Snacks Morning Tea Choices</b>	Blueberry Muffins <b>OR</b> Blueberry Muffins	Date Scone <b>OR</b> Date Scone	Chocolate Brownie <b>OR</b> Chocolate Brownie	Bran Muffins <b>OR</b> Bran Muffins	Cup Cakes <b>OR</b> Cup Cakes	Coconut Cakes <b>OR</b> Coconut Cakes	Chocolate Chip Cookies <b>OR</b> Chocolate Cookie
<b>Lunch</b>							
<b>Main Lunch Choices</b>	Braised Pork Neck <b>OR</b> Piacki Ziemniaczne- Potato and Onion Pancake	Fish and Prawn Provincial <b>OR</b> Lazanki- Polish Pasta with Pork, Bacon and Sauerkraut	Beef Rissoles 2 <b>OR</b> Pork in BBQ Sauce	Corned Beef with Parsley Sauce <b>OR</b> Chicken Pesto	Crumbed Fish Fillet <b>OR</b> Beef Teriyaki	Beef Brisket <b>OR</b> Mushroom & Sauerkraut Pierogi	Roast Pork with apple sauce or gravy <b>OR</b> Polish Bacon Gnocchi
<b>Main Soft</b>	Braised Pork Neck	Fish and Prawn Provincial	Beef Rissoles 2	Corned Beef with White Sauce	Steamed Fish 1	Beef Brisket	Roast Pork with apple sauce or gravy
<b>Main Texture Mod</b>	Braised Pork Neck <b>OR</b> Chicken	Baked Fish <b>OR</b> Beef	Beef Rissoles 2 <b>OR</b> Chicken	Corned Beef with White Sauce <b>OR</b> Beef	Steamed Fish 1 <b>OR</b> Chicken	Beef Brisket <b>OR</b> Chicken	Roast Pork with apple sauce or gravy <b>OR</b> Beef
<b>Vegetables Lunch Choices</b>	Roast Potato <b>OR</b> Green Beans <b>OR</b> Roasted Pumpkin	Mashed Potatoes <b>OR</b> Peas with Mint and Garlic Butter <b>OR</b> Steamed Carrots	Roast Potato <b>OR</b> Braised Cabbage <b>OR</b> Roasted Pumpkin	Steamed Potato <b>OR</b> Green Beans <b>OR</b> Steam Sweet Potato	Chips 1 <b>OR</b> Steamed Rice <b>OR</b> Coleslaw <b>OR</b> Steamed Mix Vegetables	Herbed Potatoes <b>OR</b> Buttered Cauliflower <b>OR</b> Braised Red Cabbage 2	Rosemary Roasted Potatoes <b>OR</b> Steamed Broccoli 1 <b>OR</b> Roast Honey Carrot
<b>Vegetables Texture Mod</b>	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes
<b>Dessert Dessert</b>	Ice cream and Topping	Wholemeal Spice Cake	Berry Pudding	Apple Pie	Ice cream and Topping	Mango Mousse 1	Cheesecake

Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Dessert Texture Mod</b>	Apricot Puree	Gingerbread Pudding	Berry Pudding	Stewed Apples and Cinnamon Served with Custard	Ice cream and Topping	Mango Mousse 1	Cheesecake
<b>Dinner</b>							
<b>Soup Dinner Choices</b>	Dill and Cucumber Soup	Carrot and Sweet Potato Soup	Polish Sauerkraut Soup	Broccoli Soup	French Onion Soup	Creamy Tomato and Rice Soup	Chicken Noodle Soup
<b>Main Dinner Choices</b>	Chicken Schnitzel	Marinated Baked Chicken Drumsticks	Fish Bites	Egg and Bacon Pie	BBQ Chicken	Chicken a la King 2	Spaghetti Bolognese
<b>Main Soft</b>	Baked Chicken	Marinated Chicken	Baked Fish	Egg and Bacon Pie	BBQ Chicken	Chicken a la King 2	Spaghetti Bolognese
<b>Main Texture Mod</b>	Baked Chicken	Marinated Chicken	Baked Fish	Bacon and Egg Frittata	BBQ Chicken	Chicken a la King 2	Spaghetti Bolognese
<b>Main Sandwiches</b>	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<b>Main Salad</b>	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate
<b>Vegetables Accompaniment</b>	Mashed Potatoes  <b>OR</b> Steamed Melange Vegetables	Polish Mixed Vegetable Salad	Creamy Mashed Potato  <b>OR</b> Coleslaw	Mashed Potatoes  <b>OR</b> Roast Vegetables	Creamy Mashed Potato  <b>OR</b> Steamed Green Peas	Pilaf Rice	Garlic Bread
<b>Dessert Dessert</b>	Apricot with Custard	Peach Melba	Fruit and Custard	Mandarine Segments	Stewed Apples and Cinnamon Served with Custard	Sliced Watermelon	Jelly
<b>Dessert Texture Mod</b>	Fruit Puree	Peach Melba	Fruit Puree	Two Fruits	Fruit Puree	Puree Fruit	Puree Fruit

Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning Tea</b>							
<b>Snacks Morning Tea Choices</b>	Peanut butter cookie <b>OR</b> Peanut butter cookie	Scones with Jam and Cream <b>OR</b> Scones with Jam and Cream	Vanilla Sponge Cake <b>OR</b> Vanilla Sponge Cake	Apple and Cinnamon Muffins <b>OR</b> Apple and Cinnamon Muffins	Light Fruit Cake <b>OR</b> Light Fruit Cake	Pumpkin Scone <b>OR</b> Pumpkin Scone	Date & Oat Cookies <b>OR</b> Date and Oat Cookies
<b>Lunch</b>							
<b>Main Lunch Choices</b>	Golabki- Cabbage Rolls in Tomato Sauce <b>OR</b> Gulasz Klopsiki- Meatballs in Sour Cream with Mushrooms	Poached Fish with Lemon Caper Sauce <b>OR</b> Polish Sausage	Beef Bourguignon <b>OR</b> Creamy Paprika Chicken	Pickled Pork <b>OR</b> Butter Chicken 2	Battered Fish <b>OR</b> Ricotta and Spinch Pastizzi	Beef Oso Buco <b>OR</b> Pork Chew Mein Noodle	Roast Pork <b>OR</b> Moroccan Savoury Lamb (Moussaka)
<b>Main Soft</b>	Gulasz Klopsiki- Meatballs in Sour Cream with Mushrooms	Steamed Fish 1	Beef Bourguignon	Butter Chicken 2	Steamed Fish 1	Beef Oso Buco	Moroccan Savoury Lamb (Moussaka)
<b>Main Texture Mod</b>	Beef Meatballs in Tomato Sauce <b>OR</b> Chicken	Steamed Fish 1 <b>OR</b> Beef	Beef Bourguignon <b>OR</b> Chicken	Butter Chicken 2 <b>OR</b> Beef	Steamed Fish 1 <b>OR</b> Chicken	Beef Oso Buco <b>OR</b> Chicken	Roast Pork <b>OR</b> Beef
<b>Vegetables Lunch Choices</b>	Boiled Parsley Potato <b>OR</b> Green Beans <b>OR</b> Steamed Carrots	Roast Potato <b>OR</b> Braised Cabbage <b>OR</b> Pumpkin Mash	Steamed Rice <b>OR</b> Steamed Broccoli 1 <b>OR</b> Sweet Potato Mash	Pilaf Rice <b>OR</b> Steamed Baby Beans <b>OR</b> Carrots Vichy	Chips 1 <b>OR</b> Creamy Mashed Potato <b>OR</b> Coleslaw <b>OR</b> Zucchini	Creamy Mashed Potato <b>OR</b> Steamed Broccoli 1 <b>OR</b> Roast Sweet Potato	Roasted Chat Potatoes 1 <b>OR</b> Steamed Green Peas <b>OR</b> Roasted Pumpkin
<b>Dessert Dessert</b>	Vanilla Mousse	Peach Cobbler	Strawberry Trifles	Crepes	Ice cream and Topping	Pear and Berry Cobbler	Ice Cream Sundae
<b>Dessert Texture Mod</b>	Vanilla Mousse	Peach Cobbler	Strawberry Trifles	Crepes	TMO Ice Cream	Pear and Berry Cobbler	Ice Cream Sundae

Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Dinner</b>							
<b>Soup Dinner Choices</b>	Polish Barley Soup	Chicken and Corn Soup	Pea and Ham Soup	Chorizo Soup	Vegetable Soup	Creamy Zucchini Soup	Chicken Noodle Soup
<b>Main Dinner Choices</b>	Roast Chicken Thigh	Beef Croquettes	Pork Rissoles	Beef and Vegetable Meatloaf	Pulled Pork Sliders	Tandoori Chicken	Fish Cocktail
<b>Main Soft</b>	Roast Chicken Thigh	Beef Croquettes	Pork Rissoles	Beef and Vegetable Meatloaf	BBQ Pulled Pork	Tandoori Chicken	Baked Fish
<b>Main Texture Mod</b>	Roast Chicken Thigh	Savoury Mince 1	Pork Rissoles	Beef and Vegetable Meatloaf	BBQ Pulled Pork	Tandoori Chicken	Baked Fish
<b>Main Sandwiches</b>	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<b>Main Salad</b>	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate
<b>Vegetables Accompaniment</b>	Mashed Potatoes  <b>OR</b> Steamed Mix Vegetables	Creamy Mashed Potato  <b>OR</b> Carrots with Honey Butter	Roast Vegetables	Polish Mixed Vegetable Salad	Roast Vegetables	Steamed Rice  <b>OR</b> Steamed Green Peas	Potato Wedges  <b>OR</b> Polish Mixed Vegetable Salad
<b>Dessert Dessert</b>	Slice Melon	Stewed Apple and Custard	Spiced Pear	Lemon Cake	Fruit and Custard	Sliced Watermelon	Jelly with Fruit
<b>Dessert Texture Mod</b>	Peach Puree	Tea Cake	Two Fruits	Custard	Two Fruits	Yoghurt 1	Apricot Puree

Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning Tea</b>							
<b>Snacks Morning Tea Choices</b>	Chocolate Brownie	Apple and Cinnamon Muffins	Pumpkin Scone	Carrot Cake	Strawberry Sponge Cake	Poppyseed Cake	Custard and Raspberry Tarts
	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
	Chocolate Brownie	Apple and Cinnamon Muffins	Pumpkin Scone	Carrot Cake	Strawberry Sponge Cake	Poppyseed Cake	Custard
<b>Lunch</b>							
<b>Main Lunch Choices</b>	Roast Garlic Chicken	Asian Chicken and Vegetables with Egg Noodles	Thick Pork Sausages	Roast Beef with Wholegrain Mustard	Crumbed Fish Fillet	Corned Beef Hash Cakes	Roast Chicken with Gravy
	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
	Beef Satay	Beef Stew	Creamy Chicken Pasta	Apricot Chicken	Braised Pork Rib	Chicken and Pumpkin Bake	Grilled Fish with Lemon Butter
<b>Main Soft</b>	Beef Satay	Beef Stew	Creamy Chicken Pasta	Apricot Chicken	Pork and Apple Casserole	Chicken and Pumpkin Bake	Grilled Fish with Lemon Butter
<b>Main Texture Mod</b>	Beef Satay	Garlic Chicken	Creamy Chicken Pasta	Apricot Chicken	Pork and Apple Casserole	Chicken and Pumpkin Bake	Grilled Fish
	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
	Chicken	Beef	Chicken	Beef	Chicken	Beef	Chicken
<b>Vegetables Lunch Choices</b>	Boiled Parsley Potato	Mashed Potatoes	Creamy Mashed Potato	Boiled Parsley Potato	Chips 1	Steamed Potato	Roast Potato
	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
	Steamed Rice	Sauerkraut	Braised Cabbage	Zucchini	Creamy Mashed Potato	Cauliflower Bake	Braised Cabbage
	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
	Mixed Vegetable	Roast Sweet Potato	Roast Honey Pumpkin	Roast Carrot	Steamed Baby Beans	Carrots Vichy	Roast Pumpkin
					<b>OR</b>		
					Roast Sweet Potato		
<b>Vegetables Texture Mod</b>	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes
<b>Dessert Dessert</b>	Custard with Berry Sauce	Bread and Butter Pudding 2	Panna Cotta	Pavlova	Ice cream and Topping	Chocolate Mousse	Apple Berry Crumble
<b>Dessert Texture Mod</b>	Custard with Berry Sauce	Bread and Butter Pudding TM	Panna Cotta	Pavlova	TMO Ice Cream	Chocolate Mousse	Apple Berry Crumble

Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Dinner</b>							
<b>Soup Dinner Choices</b>	Roast Pumpkin Soup	Carrot and Sweet Potato Soup	Maltese Kusksu Soup	Zurek- Sour Rye Soup	Carrot and Red Lentil Soup	Polish Sauerkraut Soup	Chicken Noodle Soup
<b>Main Dinner Choices</b>	Tuna Pasta Mornay	Marinated Baked Chicken Drumsticks	Parmesan Crust Baked Fish	Beef Tortellini Mushroom Sauce	Savoury Mushroom Arancini balls	Homemade Sausage Roll	Haluski- Cabbage Pasta with Sausages
<b>Main Soft</b>	Tuna Pasta Mornay	Marinated Chicken	Parmesan Crust Baked Fish	Savoury Mince 1	beef and Mushroom Risotto	Sausage Rolls	Haluski- Cabbage Pasta with Sausages
<b>Main Texture Mod</b>	Tuna Mornay	Savoury Chicken Mince	Parmesan Crust Baked Fish	Savoury Mince 1	Beef with Mushrooms	Sausages and Mash	Savoury Mince 1
<b>Main Sandwiches</b>	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<b>Main Salad</b>	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate	Salad Plate
<b>Vegetables Accompaniment</b>	Mixed Vegetable	Herbed Potatoes  <b>OR</b> Garden Salad	Polish Mixed Vegetable Salad	Roast Vegetables	Chat Potato  <b>OR</b> Steamed Melange Vegetables	Polish Mixed Vegetable Salad	Beetroot Cabbage Salad
<b>Dessert Dessert</b>	Slice Melon	Peach Melba	Fresh Fruit Salad	Mandarin with Custard	Stewed Apple	Two Fruits	Jelly with Fruit
<b>Dessert Texture Mod</b>	Fruit Puree	Puree Fruit	Puree Fruit	Puree Fruit	Puree Fruit	Puree Fruit	Puree Fruit