

Menu Name	AUTUMN WINTER MENU 2025 HFS		Week 1	Cycle 1	Download Date: 26/02/2025 14:11			
AUTUMN WINTER MENU 2025 HFS								
Meal Period	Section Name	Mon 31 Mar 2025	Tue 01 Apr 2025	Wed 02 Apr 2025	Thu 03 Apr 2025	Fri 04 Apr 2025	Sat 05 Apr 2025	Sun 06 Apr 2025
Breakfast	Hot breakfast	Porridge	Porridge	Fried Egg, Baked Beans, Porridge	Porridge	Porridge	Fried Egg, Hash Brown, Porridge	Ham Cheese Croissant
	Continental Breakfast	Selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge, sliced peach, prunes	Selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge, sliced peach, prunes	Selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge, sliced peach, prunes	Selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge, sliced peach, prunes	Selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge, sliced peach, prunes	Selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge, sliced peach, prunes	Selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge, sliced peach, prunes
	Hot and Cold Beverages	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water
	Texture Modified - PU4	Semolina w Jam, Breakfast Scrambled Eggs, Baked Beans	Porridge, Breakfast Scrambled Eggs,	Semolina w Jam, Breakfast Scrambled Eggs, Baked Beans	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Semolina w Jam, Breakfast Scrambled Eggs, Baked Beans	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Semolina w Jam, Breakfast Scrambled Eggs, Baked Beans
Morning Tea	Snack Items	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes
	Texture Modified - PU4	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey,	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey
Lunch	Option 1	Golabki - Polish Stuffed Cabbage Rolls with Tomato Sauce	Roast Pork with Gravy	Grilled Fish with Béarnaise Sauce	Chicken Meatloaf with Gravy	Homemade Crumbed fish with Lemon and tartare sauce	Chicken Cacciatore	Roast Beef brisket, root veg and Tuscan Sauce
	Option 2	Baked Chicken with Gravy	Chicken and Mushroom Pasta	Polish Pork and Veal Rissoles	Lamb and Bean Casserole	Frankfurters on rolls w mustard and bbq sauce	Grilled Lamb Sausages with Onions and Gravy	Salmon and Vegetable Pattie
	Side Starches	Boiled Herb Potatoes	Creamy Mash Potato	Saute Potatoes and Onion	Crushed Herb Potatoes	Chips	Parsley Potatoes	Roast Potato with herbs
	Side Vegetables	Peas	Braised Cabbage	Roasted Root Vegetables	Steamed Zucchini and Beans	Basic Garden Salad	Mixed steamed vegetables - Cabbage and Spinach	Cauliflower Broccoli Mornay
	Sides	Carrots	Herbed Roast Pumpkin	Balsamic Roasted Beetroot and Red Onion	Baby carrots Honey Glazed	Steamed Cauliflower, Broccoli and Carrot		Steamed Peas

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	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich
	Salads	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg
	Desserts	Almond rice pudding with banana, currant and vanilla	Jelly with Two Fruits and Cream	Lemon Self Saucing Pudding	Fresh Fruit Salad with Yoghurt	Custard, Apple Turnover	Bread and Butter Pudding, Custard	Ice Cream and Caramel Topping
	Hot and Cold Beverages	Tea and Coffee, Herbal Tea, Apple Juice, Orange Juice, Milk Water, Lemonade	Tea and Coffee, Herbal tea, Apple Juice, Orange Juice, Milk Water, Lemonade	Tea and Coffee, Herbal tea, Apple Juice, Orange Juice, Milk Water, Lemonade	Tea and Coffee, Herbal tea, Apple Juice, Orange Juice, Milk Water, Lemonade	Tea and Coffee, Herbal tea, Apple Juice, Orange Juice, Milk Water, Lemonade	Tea and Coffee, Herbal tea, Apple Juice, Orange Juice, Milk Water, Lemonade	Tea and Coffee, Herbal tea, Apple Juice, Orange Juice, Milk Water, Lemonade
	Texture Modified - PU4	TM Potato - PU4, TM Carrot - PU4, TM Peas - PU4 TM Beef - PU4, or TM Chicken - PU4,	TM Puree Potato - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Pork - PU4, TM Pumpkin - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Pork - PU4, TM Spinach - PU4, TM Sweet Corn - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Beef - PU4, TM Carrot - PU4	TM Puree Potato - PU4, TM Peas- PU4, TM Lamb - PU4, TM Chicken - PU4, TM Sweet Potato - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Beef - PU4, TM Fish - PU4, TM Peas - PU4
	Residents additional choice Lunch and Dinner	Pc sauces and seasonal fresh herbs available in the servery for extra taste	Pc sauces and seasonal fresh herbs available in the servery for extra taste	Pc sauces and seasonal fresh herbs available in the servery for extra taste	Pc sauces and seasonal fresh herbs available in the servery for extra taste	Pc sauces and seasonal fresh herbs available in the servery for extra taste	Pc sauces and seasonal fresh herbs available in the servery for extra taste	Pc sauces and seasonal fresh herbs available in the servery for extra taste
Afternoon Tea	Snack Items	Orange Poppy Seed Cake, Protein Enriched Milk Shakes	Cinnamon Scroll, Protein Enriched Milk Shakes	Chocolate Chip Cookies, Protein Enriched Milk Shakes	Raspberry and Coconut Muffin, Protein Enriched Milk Shakes	Pumpkin Scones, Protein Enriched Milk Shakes	Carrot Cake, Protein Enriched Milk Shakes	Cheese and Crackers, Protein Enriched Milk Shakes
	Hot and Cold Beverages	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water, Lemonade	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water, Lemonade	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water, Lemonade	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water, Lemonade	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water, Lemonade	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water, Lemonade	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water, Lemonade
	Texture Modified - PU4	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey
Dinner	Soup	Pea and Ham Soup	Roast Pumpkin Soup	Minestrone Soup	Polish White Borsch	Potato and Leek Soup	Tomato and Rice Soup	Polish Chicken Noodle Soup
	Option 1	Baked Marinated Fish	Beef Lasagna	Marinated Chicken Drumsticks	Pasta Carbonara with Bacon	Polish Beef Goulash	Baked Fish with Butter and Chive Sauce	Beef Meatballs with tomato and garlic sauce

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Menu Name	AUTUMN WINTER MENU 2025 HFS		Week 3	Cycle 1	Download Date: 26/02/2025 14:12			
AUTUMN WINTER MENU 2025 HFS								
Meal Period	Section Name	Mon 14 Apr 2025	Tue 15 Apr 2025	Wed 16 Apr 2025	Thu 17 Apr 2025	Fri 18 Apr 2025	Sat 19 Apr 2025	Sun 20 Apr 2025
Breakfast	Hot breakfast	Porridge	Porridge	Fried Egg &Baked Beans, Porridge	Porridge	Porridge	Fried Egg &Baked Bean, Porridge	Ham Cheese Croissant
	Continental Breakfast	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge
	Hot and Cold Beverages	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water
	Texture Modified - PU4	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Porridge, Semolina w Jam, Breakfast Scrambled Eggs
Morning Tea	Snack Items	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes
	Hot & Cold Beverages	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water
	Texture Modified - PU4	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey
	SB6							
Lunch	Soups							
	Option 1	Chicken Schnitzel with Gravy	Pork and Veal Meatloaf with Gravy	Beef and Mushroom Arancini balls with dill mustard sauce	Roasted Beef Brisket	Battered Fish and Chips with Tartar Sauce and Lemon	Pork Bigos, (Polish Hunter stew)	Roast Lamb with Mint Jelly or Rosemary Gravy
	Option 2	Ginger and Garlic Pineapple Braised Pork	Country Lamb Sausage Stew	Chicken and Broccoli Bake	Butter Chicken Curry with Rice	Pork and Potato Casserole	Macaroni cheese	Polish Chicken in Mushroom Sauce
	Side Starches	Mash Potato	Paprika Roast Potato	Mash Potato	Baked Creamy Potato	Chips	Balsamic Roasted Beetroot and Red Onion	Oven Baked Potatoes Jamaican Style
	Side Vegetables	Buttered Yellow Beans	Brussel Sprouts, Steamed		Steamed Broccoli and Cauliflower	Basic Coleslaw	Mixed Vegetables	Steamed Peas
	Sides	Carrots Diced	Braised Cabbage	Peas, Corn and Capsicum		Cauliflower, Broccoli and Carrot	Carrot, Potato, Sweet Potato and Pumpkin	Honey Glazed Baby Carrots

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	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich
	Salads	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg
	Desserts	Tiramisu	Rice and Apple Pudding	Jelly with Two Fruits and Cream	Baked Custard	Ice Cream Sundae	Banana and Caramel Mousse	Two Fruit Trifle
	Hot & Cold Beverages	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water
	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 Pork - PU4, TM Chicken - 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 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							
Afternoon Tea	Snack Items	Blueberry Muffin, Protein Enriched Milk shakes,	Coffee Cake, Protein Enriched Milk Shakes	Banana Bread, Protein Enriched Milk Shakes	Pumpkin Scones, Protein Enriched Milk Shakes	Rice Bubble Slice, Protein Enriched Milk Shakes	Tim Tam Biscuit, Protein Enriched Milk Shakes	Date Cookie, Protein Enriched Milk Shakes
	Hot & Cold Beverages	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water
	Texture Modified - PU4	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit
	SB6							
Dinner	Soups	Zurek Sour Rye Soup	White Bean and Tomato Soup	Minestrone Soup	Beef and Barley Soup	Polish Beet Soup - Barszez Ukrainski	Polish Pork and Cabbage Soup	Polish Chicken Noodle Soup
	Option 1	Parmesan and Herb Crusted Fish	Oven Baked Lemon Chicken with Medley of Vegetables	Shepherds Pie	Crispy Fish goujons with Tartare sauce	Dumplings - Pierogi	Ricotta and Spinach Pastizzi	Baked Fish with Butter and Chive Sauce
	Soft Option	Oven baked Fish	Lemon Chicken	Shepherds Pie	Steamed Fish with lemon tartare	Ham and Cheese Quiche	Lamb and Bean Casserole	Baked Fish with Butter and Chive Sauce



[illegible]

Menu Name	AUTUMN WINTER MENU 2025 HFS		Week 4	Cycle 1	Download Date: 26/02/2025 14:12			
AUTUMN WINTER MENU 2025 HFS								
Meal Period	Section Name	Mon 21 Apr 2025	Tue 22 Apr 2025	Wed 23 Apr 2025	Thu 24 Apr 2025	Fri 25 Apr 2025	Sat 26 Apr 2025	Sun 27 Apr 2025
Breakfast	Hot breakfast	Porridge	Porridge	Fried Egg & Baked Beans, Porridge	Porridge	Porridge	Fried Egg & Baked Beans, Porridge	Ham Cheese Croissant
	Continental Breakfast	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge	Continental Breakfast-selection of sliced ham salami, cottage cheese, sliced cheese, breads & spreads, yohhurt, cereals, porridge
	Hot and Cold Beverages	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water	Tea and Coffee, Apple Juice, Orange Juice, Milk, Water
	Texture Modified - PU4	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Porridge, Semolina w Jam, Breakfast Scrambled Eggs	Porridge, Semolina w Jam, Breakfast Scrambled Eggs
Morning Tea	Snack Items	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes	Sweet or Savoury Biscuits, Fresh Fruit Platter, Protein Enriched Milk Shakes
	Hot & Cold Beverages	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water
	Texture Modified - PU4	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey
	SB6							
Lunch	Soups							
	Option 1	Chicken tenders with Satay sauce	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	Pierogi Polish Meat dumplings	Roast Pork with Apple Sauce or Gravy
	Option 2	Lamb and Chickpea Ragout	Apricot Chicken	Baked Fish w- Tomato Salsa	Beef Diane	Pork Chops with Onion Gravy	Chicken and Vegetable Hot Pot	Chicken Paprikash
	Side Starches	Mash Potato	Steamed Rice	Sweet Potato Mash	Roast Chat Potatoes with Tuscan Herbs	Roasted Sweet Potato	Roast Pumpkin	Parsley Potatoes

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	Side Vegetables	Steamed Broccoli	Steamed Carrot, Zucchini, Cauli and Broccoli		Steamed Broccoli	Garden Salad, Basic Coleslaw	Minted Peas	Roasted Root Vegetables
	Sides	Carrots with Dill Butter		Roast Zucchini and Yellow Squash	Roast Carrot		Braised Cabbage	
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich
	Salads	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg	Cold Meat and Cheese Plates, Salads, Ham Cheese, Tuna, Egg
	Desserts	Chocolate Cake, Ice Cream	Peach and Custard Jelly pots	Butterscotch Apples with Custard	Caramelise Pineapple, Cream	Ice Cream Sundae	Banana Custard	Apricot and Coconut Crumble, Cream
	Hot & Cold Beverages	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water
	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
	SB6							
Afternoon Tea	Snack Items	Apple and Cinnamon Muffin, Protein Enriched Milk Shakes	Strawberry Vanilla Crumble Muffin, Protein Enriched Milk Shakes	Chocolate Cake, Protein Enriched Milk Shakes	Pancakes, Protein Enriched Milk Shakes	Straberry and Vanilla Cake , Protein Enriched Milk Shakes	Scones with Preserves and cream, Protein Enriched Milk Shakes	Cornflake Cookies, Protein Enriched Milk Shakes
	Hot & Cold Beverages	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water	Tea and Coffee,Herbal tea, Apple Juice, Orange Juice, Lemonade, Water
	Texture Modified - PU4	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey	Selection of: Yoghurt, Custard, Puree Fruit, Puree Cake, Ricotta & Honey
	SB6							
Dinner	Soups	Cream of Mushroom Soup	Zucchini Soup	Polish Chicken Noodle Soup	Mulligatawny Soup Chicken	Zurek Sour Rye Soup	Capsicum Tomato and Basil Soup	Polish Chicken Noodle Soup
	Option 1	Polish Beef Goulash	Macaroni Bolognese Bake	Ham and Pineapple Pizza	Polish fish Ryba Po Grecku	Cottage Pie	Beef Brisket and Mushroom Pie, Spinach and Ricotta Pastizzi - Functions	Thick Pork Sausages with Onions and Gravy

[illegible]