

# Summer Menu: Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Breakfast</b>	Choice of Breakfast Cereals, (Sultana Bran, Cornflakes, Weet-Bix, All Bran), Porridge, Boiled Eggs, Toast, Spreads, Tea Coffee, Orange Juice, Apple Juice (Bacon and Eggs offered on the weekends)							
<b>LUNCH</b>	<b>Entrée</b>	Penne Pesto with Chicken	Tortellini in Broth	Chicken with Mediterranean Seasoning & Side Salad	Spinach & Ricotta with Napolitano Sauce	Penne Napoli	Chicken Soup with Pastina	Spaghetti Carbonara
	<b>Option 1</b>	Sweet Beef Casserole	<b>Chef Choice</b>	Roast Lamb with Gravy	Chicken with Boscalia Sauce	Grilled Barramundi	Classic Meatloaf with Gravy	Roast Veal with Gravy
	<b>Option 2</b>	Chicken Drumsticks with Seasonal Salad	Meatballs in Red Sauce with Spaghetti	Grilled Fish with Lemon Slice	Veal Casserole	Apricot Chicken with Rice	Chicken Angel	Garlic & Rosemary Pork Roast & Gravy
	<b>Starch</b>	Mashed Potato, Green Beans, Yellow Squash/Zucchini	Pasta/Mash, Broccoli Zucchini, Baby carrot	Roast Potato, Pumpkin, Green Beans	Polenta, Zucchini, Peas/Spinach	Chips/Wedges, Seasoned Salad With Italian Dressing	Mashed Potato, Peas & Beans, Grilled Eggplant	Roast Potato, Baked Pumpkin, Broccoli
	<b>Vegetarian Option</b>	Eggplant Parma	Capsicum Ratatouille	Roasted Pumpkin & Sweet Potato Risotto	Vegetable Casserole	Bean & Chickpea Stew	Spinach & Feta Omelette	Asparagus, Cauliflower Cheese Mornay
	<b>Dessert</b>	Vanilla Pannacotta	Seasonal Stone Fruit	Binge	Seedless Grapes	Fresh Fruit Salad	Melon Slices	Cheesecake Passion Ice Cream
<b>EVENING MEAL</b>	<b>Entrée</b>	Vegetables Soup	Leek & Potato Soup	Cream of Chicken Soup	Lentil Soup with Rice	Pumpkin Soup Pastina	Minestrone Soup	Broth & Pastina Soup
	<b>Option 1</b>	Beef Sausages and Onion Gravy with Mash & Peas	Italian Style Shepherd Pies	Pork and Fennel Sausages with Seasonal Vegetables	Moroccan Chicken with Sweet Potato	Easy Chicken Meatballs with Side Salad	Chicken Kiev with Mashed Potato & Peas	Spaghetti Bolognese with Garlic Bread
	<b>Option 2</b>	Caramelized Onion Cherry Tomato Quiche with Side Salad	Mediterranean Chicken with Seasonal Vegetables	Fish Goujons with Side Salad	Spinach and Ricotta Burgers with Garden Salad and Wedges	<b>Chef Choice</b>	Pasitizzi Ricotta with Italian Salad	Salmon Patties with Side Salad
	<b>Dessert</b>	Custard with Peaches	Seasonal Fruit	Jelly & Whipped Cream/Ice Cream	Yoghurt with Mix Berry	Seasonal Fruit	Custard with Banana	Ice Cream Topping

# Summer Menu: Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Breakfast</b>	Choice of Breakfast Cereals, (Sultana Bran, Cornflakes, Weet-Bix, All Bran), Porridge, Boiled Eggs, Toast, Spreads, Tea Coffee, Orange Juice, Apple Juice (Bacon and Eggs offered on the weekends)							
<b>LUNCH</b>	<b>Entrée</b>	Mushroom & Spinach Risotto	Pasta al Forno	Penne Pasta with Zucchini & Tomatoes	Prawn & Avocado Salad	Beef Tortellini with Broth	Spaghetti in Red Sauce with Egg Plant	Gnocchi Bolognese
	<b>Option 1</b>	Chicken Thigh Peperonata	<b>Chef Choice</b>	Almond Crusted Barramundi	Chicken with Pepper-Basil Stuffing	Pan Fried Salmon with Italian Herbs	Italian Stuffed Capsicum	Silverside with Parsley Sauce
	<b>Option 2</b>	Flame Grilled Meatballs with Napoli Sauce	Sweet Beef Curry with Basmati Rice	Italian Braised Pork	Italian Variety Pizza's	Pork & Veal Meatballs in Napoli Sauce	Chicken Schnitzel with Salad	Roast Pork with Gravy
	<b>Starch</b>	Mashed Potato/ Pasta, Green Beans & Zucchini, Baby Carrots	Mashed Potato, Roast Pumpkin, Butter Bean Mix	Rice or Potatoes, Broccoli, Carrot	Spinach, Sweet Potato, Green Beans	Pasta/Polenta, Sliced Zucchini, Sliced Yellow Squash	Italian Potato Salad, Mixed Salad Greens	Roast Potato, Baked Pumpkin, Green Peas & Beans, Roasted Onions
	<b>Vegetarian Option</b>	Korma Pot Pie	Egg & Vegetable Curry	Spinach & Ricotta with Napoli Sauce	Cheese & Tomato Toasted Sandwiches	Eggplant Ricotta Parmigiana	Italian Stuffed Capsicum	Capsicum Ratatouille
	<b>Dessert</b>	Lemon Pannacotta	Seedless Grapes	Berry Danish Pastries with Ice Cream	Tiramisu	Fresh Fruit Salad	Melon Slices	Gelato
<b>EVENING MEAL</b>	<b>Entrée</b>	Puree Vegetable Soup	Chicken & Corn Soup	Minestrone Soup	Turkey Soup with Pastina	Pumpkin Soup with Pastina	Chicken & Vegetable Soup	Broth with Pastina
	<b>Option 1</b>	Arinchini Sundried Tomato with Salad	Spaghetti Bolognese with Garlic Bread	Pastizzi Ricotta with Greek Salad	Sausages with Vegetables or Salad	Spinach and Ricotta Cannelloni with Side Salad	Captain Catch Crumbed Fish with Chips & Side Salad	Chicken Kiev with Mashed Potato & Peas
	<b>Option 2</b>	Chicken Parmigiana with Chips & Salad	Omelette Varieties with Side Salad	Beef Lasagne with Greek Salad	Italian Marinated Chicken Drumsticks with Potato Gems & Green Salad	<b>Chef Choice</b>	Sweet Potato, Zucchini & Leek Frittata	Spinach & Cheese Triangles with Greek Salad
	<b>Dessert</b>	Seasonal Fruit	Jelly & Custard	Lemon Delight Dessert	Ice Cream with Topping	Seasonal Fruit	Custard with Banana	Yoghurt with Mix Berry

# Summer Menu: **Week 3**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Breakfast</b>	Choice of Breakfast Cereals, (Sultana Bran, Cornflakes, Weet-Bix, All Bran), Porridge, Boiled Eggs, Toast, Spreads, Tea Coffee, Orange Juice, Apple Juice (Bacon and Eggs offered on the weekends)							
<b>LUNCH</b>	<b>Entrée</b>	Prawn Linguine	Italian Chargrilled Chicken and Cannellini Salad	Spaghetti with Thyme & Spinach	Garlic Chicken with Zucchini Pasta	Mixed Lentil Soup	Eggplant Parmigana	Farfalle with Mushrooms & Rose' Sauce
	<b>Option 1</b>	Chicken Parmigana	<b>Chef Choice</b>	Pork Medallion with Mustard-Caper Sauce	Veal Campongiola	Grilled Fish with Chef Choice Salad	Summer Beef Casserole	Slow Cooked Spiced Rubbed Turkey Breast
	<b>Option 2</b>	Fusilli with Lamb & Artichoke Ragu	Chicken Drumstick with Side Salad	Salmon with Tomato & Onion Salsa	Chicken, Spinach & Ricotta Involintin	Quiche Lorraine with Salad	Italian Style Chicken in Tomato & Basil Sauce	Roast Beef with Seeded Mustard & Gravy
	<b>Starch</b>	Mashed Potato, Spinach/ Yellow Squash, Steamed Green Beans	Potato Wedges, Steamed Broccoli, Carrots, Peas	Buttered Herbed Chats, Butter Beans, Baked Pumpkin	Mashed Potato, Steamed Zucchini, Green Beans	Creamy Mash, Diced Zucchini, Julienne Carrots, Peas	Creamy Polenta, Green Beans, Pumpkin	Roasted Diced Herbed Vegetables
	<b>Vegetarian Option</b>	Four Cheese Gnocchi Baked	Vegetable Cacciatore	Leek Frittata	Creamy Marsala Mushroom Gnocchi	Vegetable Patties with Napoli Sauce	Spinach & Ricotta Raviolis in Red Sauce	Roasted Vegetable Bake
	<b>Dessert</b>	Cannoli	Seasonal Stone Fruit	Fruit Flan with Whipped Cream	Cream Caramel	Fresh Fruit Salad	Melon Slices	Passionfruit Cheesecake
<b>EVENING MEAL</b>	<b>Entrée</b>	Penne Pasta & Ham Soup	Tomato & Bean Soup	Leek & Asparagus Soup	Borlotti Soup	Beef Minestrone Soup	Pumpkin Soup	Leek & Potato Soup
	<b>Option 1</b>	Oregano Grilled Chicken with Pasta Salad	Beef or Italian Sausage with Pumpkin & Potato Mash	Roasted Pumpkin, Spinach & Feta Fritters with Side Salad	Lemon & Dill Fish	<b>Chef Choice</b>	English Muffin Pizza's	Garlic Chicken Meatballs & Pea Mash
	<b>Option 2</b>	Meat Pie with Chips & Side Salad	Crumbed Chicken Drumsticks	Pastizzi Ricotta with Salad	Mediterranean Chicken Tenderloin with Pearl Couscous	Pork Casserole and Polenta	Spinach & Ricotta Omelette	Bubble and Squeak with Salad
	<b>Dessert</b>	Strawberry Mousse with Fresh Strawberry Garnish	Seasonal Fruit	Creamed Rice with Peaches	Jelly & Whipped Cream	Seasonal Fruit	Jellied Fruit with Cream	Gelato

# Summer Menu: **Week 4**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Breakfast</b>	Choice of Breakfast Cereals, (Sultana Bran, Cornflakes, Weet-Bix, All Bran), Porridge, Boiled Eggs, Toast, Spreads, Tea Coffee, Orange Juice, Apple Juice (Bacon and Eggs offered on the weekends)							
<b>LUNCH</b>	<b>Entrée</b>	Spaghetti with Eggplant Sauce	Gnocchi Puttanesca	Penne with Napoli Sauce	Cherry Tomato, Bocconi and Olive Salad	Spinach & Ricotta Raviolis in Red Sauce	Prawn Salad	Panzanella Salad
	<b>Option 1</b>	Chicken Saganaki	<b>Chef Choice</b>	Provence Fish	Chicken Florentine	Grilled Basa Fillets	Pork Schnitzel	Garlic & Sage Roast Chicken Cutlets with Peperonata
	<b>Option 2</b>	Italian Herb, Fennel, Pork Loin	Grilled Pork Sausages	Grilled Chicken with Napoli Sauce	Grilled Pork Neck with Broccoli & Capsicum	Cottage Pie	Pork Fennel & Sweet Potato Casserole	Roast Lamb with Rosemary Gravy
	<b>Starch</b>	Flamed Grilled Meatballs with Napoli Sauce on Spaghetti	Pasta, Broccoli, Steamed Pumpkin	Mashed Potato, Whole Beans, Eggplant	Chat Potato, Steamed Pumpkin, Spinach	Creamy Polenta, Peas, Corn, Capsicum Mix	Pasta, Butter Beans, Carrots	Roast Herb Potatoes, Peas, Baked Pumpkin
	<b>Vegetarian Option</b>	Italian Stuffed Eggplant	Tofu Schnitzel with Napoli Sauce	Lentil & Vegetable Casserole	Mushroom & Spinach Fettucine	Vegetarian Lasagne	Vegetable Pasta Mornay	Pea & Potato Curry
	<b>Dessert</b>	Pannacotta with Berry Couli	Seasonal Stone Fruit	Fruit Flan with Whipped Cream	Fresh Yoghurt with Strawberry Garnish	Fresh Fruit Salad	Melon Slices	Strawberry Cheesecake
<b>EVENING MEAL</b>	<b>Entrée</b>	Cauliflower & Cannellini Bean Soup	Minestrone Soup	Chicken & Corn Soup	Turkey & Vegetable Soup with Pastina	Pumpkin & Leek Soup with Pastina	Beef & Vegetable Soup	Broth with Pastina
	<b>Option 1</b>	Homemade Vegetable Frittata	Creamy Lemon Chicken Thighs with Peas	Grilled Steak with Peas and Mash Potato	Chicken Parmigiana with Salad	<b>Chef Choice</b>	Mild Coconut Lamb Curry with Rice	Meatballs & Spaghetti
	<b>Option 2</b>	Grilled Fish with Fresh Lemon & Salad or Vegetable	Open Beef Burger with Salad	Baked Eggplant Parmigiana	Spinach & Ricotta Burger Pattie	Chicken & Mushroom Vol Au Vent	Garlic Chicken Balls with Seasonal Vegetables	Grilled Fish with Fresh Lemon & Salad or Vegetable
	<b>Dessert</b>	Apricot & Ice Cream	Seasonal Fruit	Tinned Fruit & Cream	Yoghurt & Fresh Fruit	Seasonal Fruit	Apple Struddle	Gelato

# Summer Menu: **Week 5**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Breakfast</b>	Choice of Breakfast Cereals, (Sultana Bran, Cornflakes, Weet-Bix, All Bran), Porridge, Boiled Eggs, Toast, Spreads, Tea Coffee, Orange Juice, Apple Juice (Bacon and Eggs offered on the weekends)							
<b>LUNCH</b>	<b>Entrée</b>	Pasta & Broad Bean Soup	Pasta with Zucchini and Toasted Almonds	Vegetable & Barley Soup	Parmesan Crusted Zucchini & Tomatoes	Polpette (Spaghetti & Meatballs)	Chicken & Mushroom Risotto	Spaghetti with Eggplant Sauce
	<b>Option 1</b>	Marinated Grilled Chicken Thigh	<b>Chef Choice</b>	Captain Catch Crumbed Fish	Grilled Pork Neck Steak	Grilled Barramundi with Capers & Red Sauce	Chicken Angel	Roast Chicken with Sage Gravy
	<b>Option 2</b>	Veal Saltimbocca	Pork Steak with Napoli Sauce and Olive	Osso Buco	Italian Varsity Pizza's with Salad	Grilled Beef Sausages with Caramelised Onion Gravy	Pan Fried Pork Schnitzel	Roast Pork with Gravy
	<b>Starch</b>	Mashed Potato, Green Beans, Steamed Carrots, Zucchini	Creamy Polenta, Spinach, Steamed Pumpkin	Mashed Potato, Green Beans, Baked Sweet Potato, Yellow Squash	Garlic Potato Bake, Steamed Pumpkin, Broccoli, Green Beans	Chips/Pasta, Roasted Balsamic Vegetables	Polenta, Spinach, Carrots, Zucchini	Roast Potato, Green Peas, Baked Pumpkin, Roasted Onions
	<b>Vegetarian Option</b>	Lentil & Vegetable Hot Pot	Vegetarian Dim Sims	Eggplant Parmigiana	Vegetarian Sausages with Mash & Vege	Portobello Mushroom Schnitzel	Parmesan Crusted Zucchini & Tomatoes	Vegetarian Lasagna
	<b>Dessert</b>	Mango Pannacotta	Fresh Yoghurt with Berry Couli	Seasonal Stone Fruit	Tiramisu	Fresh Fruit Salad	Custard with Banana	Berry Cheesecake
<b>EVENING MEAL</b>	<b>Entrée</b>	Leek & Potato Soup	Chicken & Corn Soup	Italian Sausage Soup	Borlotti Soup	Lamb Minestrone Soup	Pumpkin Soup	Broth with Pastina
	<b>Option 1</b>	Lemon Chicken Drumsticks with Side Salad or Pasta Salad	Pastizzi Ricotta with Side Salad	Mild Chicken Korma with Basmati Rice	Quiche Lorraine with Salad	<b>Chef Choice</b>	Pan Fried Fish with Wedges/Chips & Side Salad	Lamb Rosemary & Garlic Sausages, Mash & Gravy
	<b>Option 2</b>	Salmon Cake with Salad	Chicken Sausage with Capsicum & Pea Mash	Spinach, Ricotta Triangles with Side Salad	Chicken Ratatouille	Pork & Veal Meatball with Red Sauce & Spaghetti	Chicken Cacciatore	Garlic Chicken Balls with Roasted Vegetables or Salad
	<b>Dessert</b>	Jelly & Whipped Cream	Tropical Fruit Salad & Cream	Strawberry Mousse with Fresh Strawberry Garnish	Tropical Fruit Salad & Cream	Fresh Fruit & Custard	Jellied Fruit & Custard	Seasonal Fruit