

Winter Menu: Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	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)							
LUNCH	Entrée	Spinach & Ricotta Ravioli in Red Sauce	Chicken Caesar Salad	Pasta All'amatriciana	Gnocchi with Napolitano Sauce	Watermelon, Basil & Feta Salad	Prawn & Scallops with Pesto Pasta	Spaghetti Carbonara
	Option 1	Cecilia Roncolato's Ossobuco	Angela Zotti Lamb Meat with Farm Potatoe's	Chicken Schnitzel Honey Mustard Sauce	Pork Sausages with Mash & Onion Gravy	Grilled Barramundi	Lemon Veal Piccata	Roast Veal with Gravy
	Option 2	Sticky Chicken Drumsticks with Seasonal Salad	Chicken Cacciatore	Grilled Fish with Lemon Butter Sauce	Old Fashioned Rissoles with Gravy or Tomato Sauce	Italian Sausages with Gravy	Cottage Pie with Gravy	Garlic & Rosemary Pork Roast & Gravy
	Starch	Mashed Potato, Green Beans, Baby Carrots	Pasta, Broccoli, Steamed Pumpkin	Seasoned Chats, Peas, Sweet Potato	Roast Potato, Roast Pumpkin, Spinach	Chips, Peas, Italian Seasoned Carrots	Sweet Potato Wedges, Cabbage, Grilled Tomato	Roast Potato, Baked Pumpkin, Broccoli
	Vegetarian Option	Vegetable Korma with Basmati Rice	Mushroom Stoganoff	Roasted Pumpkin & Sweet Potato Risotto	Caramelised Leek & Goats Cheese Tart	Bean & Chickpea Stew	Spinach & Feta Omelette	Asparagus, Cauliflower Cheese Mornay
	Dessert	Impossible Pie Strawberries & Whipped Cream	Bread & Butter Pudding	Pannacotta with Raspberry Coulis	Italian Cream Puffs Binge	Tiramisu	Cheesecake Passion	Apple Crumble with Custard
EVENING MEAL	Entrée	Broth & Pastina	Chicken & Vegetable Soup	Leek & Potato Soup	Celery Soup with Rice	Pumpkin Soup Pastina	Minestrone Soup	Red Lentil Soup Puree
	Option 1	Spaghetti Bolognese with Garlic Bread	Sweet Beef Curry with Basmati Rice	Spinach & Ricotta Cannelloni in Red Sauce	Lamb Casserole with Sweet Potato Mash & Vegetables	Easy Chicken Meatballs with Side Salad	Curried Sausages with Mashed Potato	Chicken Kiev with Lemon Wedge & Side Salad
	Option 2	Caramelized Onion Quiche with Side Salad	Spinach & Cheese Omelette with Seasonal Vege	Homemade Quiche Lorraine with Side Salad	Creamy Tuna Vegetable Mornay with Basmati Rice	Gnocchi Four Cheese Bake	Spinach & Ricotta Fritters with Cherry Tomatoes & Lightly Steamed Zucchini Ribbons	Fay Pilloni's Tuna Rissoles with Green Salad
	Dessert	Mango Mousse	Seasonal Fruit	Creamed Rice with Stewed Apricots	Jelly & Whipped Cream	Seasonal Fruit	Custard with Caramel Bananas	Gelato

Winter Menu: Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	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)							
LUNCH	Entrée	Beef Tortellini with Broth	Prawn & Avocado Salad	Parmesan Crusted Zucchini & Tomatoes	Mushroom & Spinach Risotto	Pasta al Forno	Spaghetti with Red Sauce	Gnocchi Al Petso
	Option 1	Pork Schnitzel	Veal Escalope with Mushrooms	Conchiglie Rigate with Sausage & Ricotta	Grilled Chicken with Basil Sauce	Crumbed Fish Hoki	Homemade Beef Lasagne	Lemon, Garlic & Rosemary Roasted Chicken & Gravy
	Option 2	Lamb Tagine with Apricot, Prunes & Almonds	Chicken Cacciatore	Sweet & Sour Pork	Braised Steak with Melting Onions	Baked Lemon Butter Chicken	Grilled Steak with Mash & Vege	Roast Beef with Gravy
	Starch	Mashed Potato, Green Beans, Baby Carrots	Mashed Potato, Roast Pumpkin, Butter Bean Mix	Rice or Potatoes, Broccoli, Carrot	Mashed Potato, Steamed Pumpkin, Peas	Chips, Salad or Green Beans, Honey Carrots	Mashed Potato, Mashed Pumpkin, Peas	Roast Potato, Baked Pumpkin, Brussels Sprouts
	Vegetarian Option	Korma Pot Pie	Egg & Vegetable Curry	Stuffed Capsicums with Mixed Salad Leaves	Cheese & Tomato Toasted Sandwiches	Eggplant Ricotta Parmigiana	Mushroom Risotto	Capsicum Ratatouille
	Dessert	Mix Berry Pastry with Custard	Poached Pears in Coffee Syrup with Ice Cream	Fruit Flan with Whipped Cream	Peach Cherry Crisp & Ice Cream	Salted Caramel Creamed Rice	Ricotta & Blackberry Jam Tart	Apricot Danish with Custard
EVENING MEAL	Entrée	Puree Vegetable Soup	Chicken & Corn Soup	Minestrone Soup	Turkey Soup with Pastina	Pumpkin Soup with Pastina	Chicken & Vegetable Soup	Broth with Pastina
	Option 1	Chicken Ratatouille	Coconut Lamb Curry with Chats	Garlic Chicken Meatballs with Seasonal Vege	Garlic Pork Marsala with Lightly Seasoned Pasta	Dijon Lamb Meatball with Minted Hollandaise Sauce	Salmon, Dill & Capers Vol Au Vents	Nonna d'Ali's Spaghetti Bolognese
	Option 2	Spinach & Ricotta Triangles with Sweet Chilli Sauce & Side Salad	Chicken & Asparagus Vol Au Vent	Stafato Di Vitello Veal Stew with Basmati Rice or Polenta	Party Pies with Mash & Tomato Sauce	English Muffin Pizza's with side salad	Beef Sausages with Onion Gravy	Crumbed Fish, Chips & Side Salad
	Dessert	Seasonal Fruit	Strawberry Mousse with Fresh Strawberry Garnish	Lemon Sago	Jelly & Custard	Seasonal Fruit	Stewed Apples Custard	Gelato

Winter Menu: Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	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)							
LUNCH	Entrée	Farfalle with Mushrooms & Rose' Sauce	Spaghetti Americana	Penne Napoli with Olives	Tommasina Russo Pasta with Garlic & Oil	Polpette (Spaghetti & Meatball's)	Portobello Mushroom Risotto	Prawn Linguine
	Option 1	Plum Lamb Casserole	Pork Steak with Mushroom Sauce	Silverside with Parsley Sauce	Veal in Marsala Wine	Salmon with Basil Petso	Lamb Shoulder Braise	Roast Chicken with Orange, Lemon & Ginger
	Option 2	Seafood Risotto	Caterina Marchione Spaghetti & Meatball's	Provençal Fish Cacciatore	Lamb Rissoles with Minted Pea Mash & Gravy	Homemade Lasagna with White & Red Sauce	Spinach & Ricotta Ravioli in Red Sauce	Roast Beef with Seeded Mustard & Gravy
	Starch	Creamy Polenta, Cauliflower, Baked Diced Sweet Potato	Pasta, Steamed Broccoli, Carrots	Buttered Herbed Chats, Butter Beans, Corn Kernels	Minted Pea Mash, Steamed Spinach, Baked Pumpkin	Chips, Green Bean, Carrots or Salad	Creamy Mash, Diced Zucchini, Julienne Carrots	Roasted Diced Herbed Vegetables
	Vegetarian Option	Four Cheese Gnocchi Baked	Vegetable Cacciatore	Leek Frittata	Creamy Marsala Mushroom Gnocchi	Vegetable Patties with Napoli Sauce	Spinach & Ricotta Ravioli in Red Sauce	Roasted Vegetable Bake
	Dessert	Cannoli Filled with Zesty Creamy Ricotta	Martha's Apple Crisp with Custard	Sticky Date Pudding with Caramel Sauce & Ice Cream	Citrus Cheesecake	Italian Cream Puffs Binge	Strawberry Delight with Whipped Cream & Fresh Strawberries	Apple Danish with Custard
EVENING MEAL	Entrée	Penne Pasta & Ham Soup	Tomato & Bean Soup	Leek & Asparagus Soup	Borlotti Soup	Beef Minestrone Soup	Pumpkin Soup	Leek & Potato Soup
	Option 1	Tandoori Chicken with Rice	Chicken & Asparagus Vol Au Vent	Beef & Potato Hot Pot	Elizabeth Miceli Pasta al Forno with Side Salad	Italian Sausage's with Mash & Peppers	Chicken Kiev & Pea Mash	English Muffin Pizza's
	Option 2	Vegetable Pattie with Seasonal Vege with Salad	Fish Cocktails with Tartare Sauce & Chips	Roasted Vegetable Bake	Spinach & Ricotta Triangle	Veal Stroganoff with Buttered Pasta	Egg & Bacon Pie with Side Salad	Fish Cakes with Salad
	Dessert	Strawberry Mousse with Fresh Strawberry Garnish	Seasonal Fruit	Creamed Rice with Peaches	Jelly & Whipped Cream	Seasonal Fruit	Jellied Fruit with Cream	Gelato

Winter Menu: Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	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)							
LUNCH	Entrée	Spaghetti with Eggplant Sauce	Seafood Risotto	Penne with Napoli Sauce	Mixed Lentil Soup	Spinach & Ricotta Raviolis in Red Sauce	Angela Zattera Pasta with Broccoli's	Panzanella Salad
	Option 1	Beef Rissoles & Gravy	Creamy Lemon Parmesan Chicken Piccata	Roast Beef with Creamy Dianne Sauce	Chicken Florentine	Crumbed Fish Hoki	Lamb Chops Braise	Roast Pork with Apple Sauce & Gravy
	Option 2	Pork Medallions with Apple Sauce	Lamb Ragù	Salmon Patties with Lemon & Fresh Dill Sauce	Rosemary & Garlic Sausages	Parmesan Crusted Chicken	Sweet Potato Shepherd's Pie	Roast Veal with Gravy
	Starch	Roasted Chat Potatoes, Green Beans, Cauliflower	Pasta, Broccoli, Steamed Pumpkin	Mashed Potato, Whole Beans, Carrot	Chat Potato, Steamed Pumpkin, Spinach	Creamy Polenta, Peas, Corn, Capsicum Mix	Pasta, Butter Beans, Carrots	Roast Herb Potatoes, Peas, Baked Pumpkin
	Vegetarian Option	Vegetable Fried Rice	Tofu Schnitzel with Napoli Sauce	Lentil & Vegetable Casserole	Mushroom & Spinach Fettucine	Vegetarian Lasagne	Vegetable Pasta Mornay	Pea & Potato Curry
	Dessert	Chocolate Cream Puffs	Tiramisu	Fruit Flan with Whipped Cream	Cinnamon Pasta Pudding	Impossible Pie	Apple Strudel with Custard	Passionfruit Cheesecake
EVENING MEAL	Entrée	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
	Option 1	Grilled Fish with Napoli Sauce, Five Bean Salad & Chips	Ham & Cheese Lasagne	Caterina Marchione Spaghetti & Meatball's	Grilled Steak with Mash & Vege	Italian Braised Pork Shoulder Ragù	Fettucine Boscaiola	Chicken Croquettes with Green Salad
	Option 2	Garlic Chicken Balls with Seasonal Vegetables	Baked Eggplant Parmigiana	Curried Prawns & Rice	English Muffin Pizza's	Pasties with Side Salad	Chicken & Mushroom Vol Au Vent	Theresa Catania Baked Macaroni with Cheese & Broccoli's
	Dessert	Apricots & Custard	Seasonal Fruit	Tinned Fruit & Cream	Apple & Strawberry Compote	Seasonal Fruit	Stewed Fruit & Custard	Gelato

Winter Menu: Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	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)							
LUNCH	Entrée	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
	Option 1	Pork & Veal Meatballs in Napolitano Sauce	Veal Shanks	Lemon-Caper Pork Medallions	Italian Braised Chicken	Grilled Salmon with Lemon Butter Sauce	Chicken & Vegetable Pie	Roast Beef with Gravy
	Option 2	Chicken Piccata	Grilled Chicken with Creamy Garlic Sauce	Hearty Beef Casserole	Ham Steaks with Pineapple, Mash & Gravy	Chicken Boscaiola with Fettuccini Pasta	Veal Stew	Roast Pork with Gravy
	Starch	Mashed Potato, Green Beans, Steamed Carrots	Creamy Polenta, Cabbage, Steamed Pumpkin	Mashed Potato, Green Beans, Sweet Potato	Garlic Potato Bake, Steamed Pumpkin, Broccoli	Chips/Pasta, Roasted Balsamic Vegetables	Polenta, Cabbage, Grilled Tomato	Roast Potato, Green Beans, Baked Pumpkin
	Vegetarian Option	Lentil & Vegetable Hot Pot	Vegetarian Dim Sims	Eggplant Parmigiana	Vegetarian Sausages with Mash & Vege	Portobello Mushroom Schnitzel	Parmesan Crusted Zucchini & Tomatoes	Vegetarian Lasagna
	Dessert	Jam or Nutella Bombs	Chocolate Brownie with Ice Cream	Cream Filled Tartlets with Fresh Fruit Garnish	Easy Apple Tarts with Ice Cream	Mixed Berry Crumble with Custard	Cannoli	Strudel with Custard
EVENING MEAL	Entrée	Leek & Potato Soup	Chicken & Corn Soup	Italian Sausage Soup	Borlotti Soup	Lamb Minestrone Soup	Pumpkin Soup	Broth with Pastina
	Option 1	Sausage Vegetable Bake with Mashed Potato	Tuna Croquettes with Side Salad	Spinach & Cheese Omelette with Seasonal Vege or Side Salad	Spinach & Cheese Omelette with Seasonal Vege or Side Salad	Steak Diane with Chive Mash & Broccoli	Captain Catch Crumbed Fish with Chips & Side Salad	Lamb Rosemary & Garlic Sausages, Mash & Gravy
	Option 2	Salmon Cake with Salad	Chicken Ratatouille	Butter Chicken with Basmati Rice	Fish Cakes with Salad	Vegetable Schnitzel with Napolitano Sauce	Spinach, Ricotta Triangles with Side Salad	Muffin Pizza's
	Dessert	Jelly & Whipped Cream	Seasonal Fruit	Strawberry Mousse with Fresh Strawberry Garnish	Custard with Sliced Banana & Caramel Sauce	Seasonal Fruit	Jellied Fruit & Custard	Seasonal Fruit