

## HAKEA GROVE WINTER MENU - WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Continental	Continental	Grilled Mushrooms	Continental	Continental	Continental	Bacon and Egg Muffins
<b>MORNING TEA</b>	Homemade Cookies	Mousse Tarts	Sao's with Cheese and Ham	Choc Chip Muffins	Jam and Cream Sponge Cake	Sausage Rolls and Sauce	Lemon Cake
<b>LUNCH 1ST CHOICE</b>	Steak and Kidney Pie	Silverside	Curried Chicken	Lamb Shanks	Crumbed Fish	Chicken Tarragon Casserole	Roast Lamb with Rosemary Gravy
<b>2ND CHOICE</b>	Fish Cocktails	Pork Ribs	Ham Quiche	Roast Pork	Croissants	Vegetable Lasagne	Hamburgers
<b>MODIFIED MENU</b>	Pork stew	Steak and kidney casserole	Swedish meatballs	Curried chicken	Lamb shanks	Crumb fish	chicken and tarragon casserole
<b>VEGETARIAN MENU</b>	Vegetarian pesto pasta	Spinach and vegetable rolls	Vegetable parmigiana	Vegetable and lentil casserole	Cheese and spinach ravioli	Vegetbale quiche	Roast vegetable medley
<b>VEGETABLES</b>	Steamed Potato, pumpkin Peas	Chat potato, carrots Cabbage	Rice, Melange/ Garlic Bread, Salad	Mash potato, sweet potato, beans	Chips, garden salad, beetroot/spinach salad	Steamed potato, carrots broccoli	Roast potato, roast pumpkin, peas
<b>DESSERT</b>	Warm apple crumble & custard	Sticky date pudding and cream	Chocolate cheesecake	Icecream Cones	Vanilla Pannacotta and Berries	Bread and butter pudding	Peaches and custard
<b>DINNER SOUP</b>	Pumpkin	Chicken Noodle	Chunky Vegetable	Potato and Bacon	Tomato and Basil	Chicken and Corn	Cauliflour
<b>HOT MEAL</b>	Lamb Casserole	Swedish meatballs and pasta	Assorted Volauvents	Beef Lasagne	Chicken tenders and salad	Beef casserole	Savoury mince and mash potato
<b>SALAD OF THE DAY</b>	Chicken	Ham	Turkey	Egg	Roast Beef	Salmon	Silverside
<b>EVENING DESSERT</b>	Ice cream	Fresh fruit	Ice cream	Vanilla Mousse	Icecream	Fresh fruit	Icecream

## HAKEA GROVE WINTER MENU - WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Continental	Continental	Spaghetti on toast	Continental	Continental	Continental	Bacon & Poached Eggs
<b>MORNING TEA</b>	Homemade Cookies	Banana Walnut Muffins	Mini Quiches	Sao's with Chese & Tomato	Mini Custard Tarts	Chocolate Brownie	Iced Orange Cake
<b>LUNCH 1ST CHOICE</b>	Chicken Schnitzel	Cottage Pie	Picked Pork	Butter Chicken	Battered Fish	Ham Steaks	Roast Chicken
<b>2ND CHOICE</b>	Braised Lamb	Steamed Fish	Meat Loaf	Lamb Chops	Pasta Bake	Pumpkin Ravioli	Fish Cakes
<b>MODIFIED MENU</b>	Roast lamb	Beef croquettes	Cottage pie	Pickled pork	Butter chicken	Battered fish	Lamb casserole
<b>VEGETARIAN MENU</b>	Spinach and cheese rolls	Lentil pasties	Mushroom and parmesan aranchini	Baked stuffed capsicum	Roast vegetable vol au vent	Pumpkin and basil pasta bake	Stuffed potato skins
<b>VEGETABLES</b>	Potato Bake, Honey Carrots, Broccoli	Wedges, Pumpkin, Brussel Sprouts	Mash Potato, Melange Vegetable	Rice, Carrots, Minted Peas	Chips, Garden Salad, Prawn Salad	Steamed parsley poato, Pumkin. Beans	Raost Potato, Roast Sweet Potato, Cauliflour Gratin
<b>DESSERT</b>	Mixed berry mousse	Apple Strudel & Custard	Self saucing pudding with cream	Lemon & Ginger cake	Ice Cream Cones	Pavlova with berries and whipped cream	Baked custard
<b>DINNER SOUP</b>	French Onion	Broccoli and White Bean	Curried Lentil	Mushroom	Lamb and Vegetable	Minestrone	Pea and Mint
<b>HOT MEAL</b>	Beef Croquettes and steam potato	Ham, Cheese and Tomato Quiche	Chicken Dim Sims with Fried Rice	Spaghetti Bolognese and Garlic Bread	Chicken and Bacon Crepes	Lamb and vegetable casserole	Curried sausages and rice
<b>SALAD OF THE DAY</b>	Salmon	Ham	Turkey	Egg	Roast Beef	Chicken	Silverside
<b>EVENING DESSERT</b>	Jelly cups	Jelly and Ice Cream	Fresh Fruit	Ice Cream	Mixed Berry Yoghurt with Fruit	Ice Cream	Fresh fruit

## HAKEA GROVE WINTER MENU - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Continental	Continental	Hash Browns	Continental	Continental	Continental	Omlettes
<b>MORNING TEA</b>	Anzac Cookies	Sao's with Ham and Cheese	Scones with Jam and Cream	Assorted Danishes	Mango and Poassionfruit Sponge	Mini Pies and Sauce	Date Cake
<b>LUNCH</b>							
<b>1ST CHOICE</b>	Beef and Bacon Pies	Lamb Rissoles	Roast Beef	Lamb Shanks	Fish Patties	Sausages	Roast Pork
<b>2ND CHOICE</b>	Pork Schnitzel	Bakes Chicken	Pork Chops	Honey Mustard Chicken	Pumpkin and Tomato Tarts	Pasta Carbonara	Baked bassa fillets with tomato
<b>MODIFIED MENU</b>	Curried sausages	Pork schnitzel	Lamb rissole	Pork choop	Meatball ragout	Fish patties	Sausages and gravy
<b>VEGETARIAN MENU</b>	Vege mornay pies	Caesar salad	Curried vegetables medley	Spinach and ricotta rolls	Vege burger	Mushroom and lentil rissole	Ricotta and pumpkin pastries
<b>VEGETABLES</b>	Chips, Carrots, Broccoli	Potato Bake, Mixed Vegetables	Roast Potato, Roast Sweet Potato, Braised Cabbage	Mash Potato, Melange Vegetables	Chips, Garden Salad, Beetroot Salad	Buttered Potato, Pumpkin, Peas	Roast Potato, Roast Carrot, Beans
<b>DESSERT</b>	Fruit crumble with cream	Jellied fruit with custard	Mango Cheese Cake	Ice Cream	Chocolate MudCake	Trifle with whipped cream	Mango mousse
<b>DINNER SOUP</b>	Sweet Potato and Tomato	Creamy Chicken	Potato and Leek	Chicken Noodle	Beef and Vegetable	Pumpkin	Pea and Ham
<b>HOT MEAL</b>	Curry Chicken Crepes	Braised Beef, Mushroom and Onion Casserole	Sweet and Sour Pork and Fried Rice	Meatball ragout ad pasta	Morrocan lamb casserole	Chicken Pies with Mash Potato	Quiche with salad
<b>SALAD OF THE DAY</b>	Salmon	Ham	Turkey	Egg	Roast Beef	Chicken	Silverside
<b>EVENING DESSERT</b>	Ice Cream	Fresh Fruit Platter	Ice Cream	Bananas and custard	Ice Cream	Fresh fruit	Icecream

## HAKEA GROVE WINTER MENU - WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Continental	Continental	Baked Beans on Muffins	Continental	Continental	Continental	Chipolatas and Scrambled Egg
<b>MORNING TEA</b>	Tea Cake	Blue Berry Muffins	Date Scones	Caramel Slice	Mud Cake	Sao's with Cheese and Tomato	Apple and Custard Tarts
<b>LUNCH 1ST CHOICE</b>	BBQ Beef Ribs	Fish Pie	BBQ	Silverside	Fish Cocktails	Steak Diane	Roast Turkey
<b>2ND CHOICE</b>	Chicken Kiev	Braised Lamb Chops	BBQ	Leek and Mushroom Pasta	Cheese Burgers	Spinach and Ricotta Canellone	Pasties
<b>MODIFIED MENU</b>	Steam fish	Chicken kiev	savoury mince	Chicken tenders	Satay beef	Burger patty	Honey soy chicken
<b>VEGETARIAN MENU</b>	Stuffef capsicum	Lentil curry	Pumpkin cheese and onion tart	Cheese and tomato croissants	Vegetable risotto	Vegetable patties	Pumpkin ravioli
<b>VEGETABLES</b>	Potato Skins, Glazed Carrots, Peas	Chive Mash Potato, Pumplin, Broccoli	Garden Salad, Potato Salad	Chat Potatoes, Carrots, Braised Red Cabbage	Chips, Garden Salad, Pasta Salad, Potato Scallops	Buttered Potato, Sweet Potato, Beans	Roast Potato, Roast Pumpkin, Broccoli
<b>DESSERT</b>	Apricots and custard	Apple pie with cream	Pavlova and Mixed Berries	Black forest cake	Ice Cream	Plum pudding	Chocolate brownie with cream
<b>DINNER SOUP</b>	Mushroom	Chinese Broth	Broccoli	Potato and Bacon	Italian Meatballs	Sweet Corn and Vegetable	Beef and Vegetable
<b>HOT MEAL</b>	Curry Prawns and Steamed Rice	Savoury Mince and Mash Potato	Chicken Tenders and Chips	Satay Beef and Steamed Rice	Macaroni Cheese	Honey Soy Chicken	Hot dogs with cheese and bacon
<b>SALAD OF THE DAY</b>	Salmon	Ham	Turkey	Chicken	Roast Beef	Egg	Silverside
<b>EVENING DESSERT</b>	Date cake	Ice Cream	Fresh Fruit Platter	Ice Cream	Jelly	Ice Cream	Fresh fruit

## HAKEA GROVE WINTER MENU - WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Continental	Continental	Egg Bites and Bacon	Continental	Continental	Continental	Pancakes with Maple Syrup and Butter
<b>MORNING TEA</b>	Mini quiches	Cookies	Lamingtons	Fruit Slice	Caramel slice	Choc chip muffins	Date scones with whipped cream
<b>LUNCH 1ST CHOICE</b>	Veal Schnitzel	Braised Pork Sausages	Chicken Chasser	Beef pies	Seafood Baskets	Lamb Casserole	Roast Beef
<b>2ND CHOICE</b>	Hawaiin Steaks	Cheese and Vegetable Tarts	Lamb and Fetta Salad	Roast Pork	Homemade Sausage Rolls	Steamed Fish in White Wine Sauce	Pumpkin Ravioli
<b>MODIFIED MENU</b>	Roast turkey	Hawiian steak	Lamb curry	Tuna mornay	Roast pork	Apricot chicken	Beef casserole
<b>VEGETARIAN MENU</b>	Vegetable and lentil cottage pie	Vege burgers	Quiche	Mushroom and tomato tarts	Vegetable and kidney bean pasties	Zucchini slice	Roast eggplant parmigiana
<b>VEGETABLES</b>	Wedges Sour Cream, Carrots Peas	Potato Bake, Roast Pumpkin, Beans	Steamed Rice, Melange Vegetables	Mash Potato, Carrot Batons, Broccoli	Chips, Garden Salad, Shredded Slaw	Steamed Potato, Sweet Potato, Beans	Roast Potato, Roast Pumpkin, Cauliflour Cheese
<b>DESSERT</b>	Strawberry mousse	Coffee and date cake	danish	Caramel sponge	Ice cream cones	Jelly and custard	Tiramisu
<b>DINNER SOUP</b>	French Onion	Marrocan Lentil	Lamb and Vegetable	Pumpkin	Beef and Bean	Chicken Noodle	Creamy Tomato and Chives
<b>HOT MEAL</b>	Chicken Drumsticks	Lamb and Potato Curry	Tuna Mornay	Asian Finger Food and Fried Rice	Apricot Chicken	beef diane casserole	Pork stew
<b>SALAD OF THE DAY</b>	Salmon	Ham	Turkey	Chicken	Roast Beef	Egg	Silverside
<b>EVENING DESSERT</b>	Ice Cream	Fresh Fruit Platter	Ice Cream	Fruit salad	Ice Cream	Fresh fruit	Ice Cream