

MENU ORDER FORM 2024/2025 - ALL ORDERS MUST INCLUDE A MAIN MEAL SELECTION

SPECIAL REQUIREMENTS (PLEASE CIRCLE): Diabetic / Pureed / Minced / Cut-up / Other _____

WK	Main Meals	Selection	Light Meals (Soup + Bread Roll) (Sandwiches) Wholemeal Bread on Request	Selection	Desserts *Diabetic Option	Selection	Juice	Selection	Breakfast Cereal (Inc. 150ml Milk)	Selection
1										
Monday	Roast Chicken & Gravy		Hearty Vegetable Soup w/Roll		Orange Jelly & Fruit*		Apple		Cornflakes	
	Baked Potato w/Cheesy Mince				Cheesecake Slice		Orange		Sultana Bran	
	Garden Salad w/Egg		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Tuna Salad Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Tuesday	Pork & Vegetable Pie		Minestrone Soup w/Roll		Custard & Fruit*		Apple		Cornflakes	
	Corned Beef w/White Sauce				Banana Cake		Orange		Sultana Bran	
	Garden Salad w/Corned Beef		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Corned beef, Cheese & Relish Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Wednesday	Beef Stroganoff w/Pasta		Chicken & Vegetable Soup w/Roll		Chocolate Mousse*		Apple		Cornflakes	
	Hainanese Chicken				Orange Cake		Orange		Sultana Bran	
	Garden Salad w/Corned Beef		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Corned Beef, Cheese & Relish Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Thursday	Macaroni Ham & Cheese		Pea & Ham Soup w/Roll		Apple Crumble*		Apple		Cornflakes	
	Chicken Sausages w/Gravy				Orange Cake		Orange		Sultana Bran	
	Garden Salad w/Egg		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Curried Egg Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Friday	Crumbed Fish w/Cheese Sauce		Curried Yellow Split Pea Soup w/Roll		Fruit Salad*		Apple		Cornflakes	
	Pork Meatballs w/Sweet & Sour Sauce				Custard Danish*		Orange		Sultana Bran	
	Garden Salad w/Egg		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Tuna Salad Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Saturday (Frozen)	Zucchini & Corn Fritters		Refer to any Soup in Week 4		Refer to any Dessert in		Apple		Cornflakes	
	Refer to any Main Meal in Week 4				Week 4		Orange		Sultana Bran	
									Just Right	
			Ham & Cheese Sandwich						Weetbix	
									Quick Oats	
Sunday (Frozen)	Pumpkin & Spinach Frittata		Refer to any Soup in Week 4		Refer to any Dessert in		Apple		Cornflakes	
	Refer to any Main Meal in Week 4				Week 4		Orange		Sultana Bran	
									Just Right	
			Curried Egg Sandwich						Weetbix	

All Main Course meals are served with Vegetables and either Potato, Pasta or Rice

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2										
Monday	Steak & Mushroom Pie		Creamy Pumpkin Soup w/Roll		Vanilla Mousse*		Apple		Cornflakes	
	Pork Cassoulet				Coconut Slice		Orange		Sultana Bran	
	Garden Salad w/Egg		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Tuna Salad Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Tuesday	Roast Beef & Gravy		Chicken Noodle Soup w/Roll		Pineapple Jelly & Fruit*		Apple		Cornflakes	
	Chicken Kebabs w/Herbed Rissoni				Marshmallow Slice		Orange		Sultana Bran	
	Garden Salad w/Roast Beef		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Roast Beef & Mustard Mayo Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Wednesday	Chicken & Cheese Schnitzel		Potato, Leek, Bacon Soup		Custard & Fruit*		Apple		Cornflakes	
	Curried Sausages				Apple/Berry Custard Danish*		Orange		Sultana Bran	
	Garden Salad w/Roast Beef		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Roast Beef & Mustard Mayo Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Thursday	Lamb, Potato, Mushroom Pie		Curried Yellow Split Pea Soup w/Roll		Fruit Salad*		Apple		Cornflakes	
	Chicken a la King				Tiramisu		Orange		Sultana Bran	
	Garden Salad w/Egg		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Curried Egg Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Friday	Tempura Fish w/Lemon Sauce		Chicken & Rice Soup		Honey Creamed Rice & Fruit*		Apple		Cornflakes	
	Spaghetti Bolognese				Carrot Cake		Orange		Sultana Bran	
	Garden Salad w/Egg		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Tuna Salad Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Saturday (Frozen)	Pumpkin & Cheese Arancini		Refer to any Soup in Week 1		Refer to any Dessert in		Apple		Cornflakes	
	Refer to any Main Meal in Week 1				Week 1		Orange		Sultana Bran	
									Just Right	
			Ham & Cheese Sandwich						Weetbix	
									Quick Oats	
Sunday (Frozen)	Gnocchi w/Creamy Tomato Sauce		Refer to any Soup in Week 1		Refer to any Dessert in		Apple		Cornflakes	
	Refer to any Main Meal in Week 1				Week 1		Orange		Sultana Bran	
									Just Right	
			Curried Egg Sandwich						Weetbix	

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Monday	Beef Goulash		Beef & Vegetable Soup w/Roll		Apricot Danish*		Apple		Cornflakes	
	BBQ Chicken Cutlets				Butterscotch Pudding		Orange		Sultana Bran	
	Garden Salad w/Egg		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Tuna Salad Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Tuesday	Meatloaf & Gravy		Pea & Ham Soup w/Roll		Fruit Salad*		Apple		Cornflakes	
	Pork Schnitzel w/Mushroom Sauce				Orange Cake		Orange		Sultana Bran	
	Garden Salad w/Egg		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Curried Egg Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Wednesday	Beef Stir Fry w/Rice Noodles		Hearty Vegetable Soup w/Roll		Raspberry Jelly & Fruit*		Apple		Cornflakes	
	Stuffed Baked Potatoes w/Pulled Pork				Baked Cheesecake		Orange		Sultana Bran	
	Garden Salad w/Egg		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Ham & Cheese Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Thursday	Chicken Terriyaki w/Mash Potato		Creamy Pumpkin Soup w/Roll		Custard & Fruit*		Apple		Cornflakes	
	Roast Lamb w/Gravy				Apple Danish*		Orange		Sultana Bran	
	Garden Salad w/ Roast Lamb		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Roast Lamb & Tomato Relish Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Friday	Baked Fish w/Bernaise Sauce		Chicken Noodle Soup w/Roll		Hazelnut Mousse*		Apple		Cornflakes	
	Cottage Pie				Pumpkin & Sultana Cake		Orange		Sultana Bran	
	Garden Salad w/ Roast Lamb		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Roast Lamb & Tomato Relish Sandwich						Weetbix	
	Caesar Salad - Plain ☐ Chicken ☐								Quick Oats	
Saturday (Frozen)	Spinach & Ricotta Canneloni		Refer to any Soup in Week 2		Refer to any Dessert in		Apple		Cornflakes	
	Refer to any Main Meal in Week 2				Week 2		Orange		Sultana Bran	
			Ham & Cheese Sandwich						Just Right	
									Weetbix	
									Quick Oats	
Sunday (Frozen)	Mushroom Risotto		Refer to any Soup in Week 2		Refer to any Dessert in		Apple		Cornflakes	
	Refer to any Main Meal in Week 2				Week 2		Orange		Sultana Bran	
			Curried Egg Sandwich						Just Right	
									Weetbix	

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4										
	Monday	Chicken Casserole		Potato, Leek, Bacon Soup		Apple & Blueberry Crumble*		Apple		Cornflakes
		Sausages, Onion & Gravy				Banana Cake		Orange		Sultana Bran
		Garden Salad w/Egg		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right
		Greek Salad		Tuna Salad Sandwich					Weetbix	
Caesar Salad - Plain ☐ Chicken ☐								Quick Oats		
Tuesday	Irish Beef Stew		Beef & Vegetable Soup w/Roll		Caramel Mousse*		Apple		Cornflakes	
	Salmon Frittata				Coconut Slice		Orange		Sultana Bran	
	Garden Salad w/Egg		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Curried Egg Sandwich					Weetbix		
	Caesar Salad - Plain ☐ Chicken ☐							Quick Oats		
Wednesday	Chicken Stir Fry w/Hokkien Noodles		Minestrone Soup w/Roll		Honey Creamed Rice & Fruit*		Apple		Cornflakes	
	Beef Lasagne				Carrot Cake		Orange		Sultana Bran	
	Garden Salad w/Egg		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Tuna Salad Sandwich					Weetbix		
	Caesar Salad - Plain ☐ Chicken ☐							Quick Oats		
Thursday	Roast Pork w/Gravy		Chicken & Vegetable Soup w/Roll		Lime Jelly & Fruit*		Apple		Cornflakes	
	Beef Rissoles w/Gravy				Chocolate Mud Cake		Orange		Sultana Bran	
	Garden Salad w/Roast Pork		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Roast Pork & Chutney Sandwich					Weetbix		
	Caesar Salad - Plain ☐ Chicken ☐							Quick Oats		
Friday	Fish Patties w/Hollandaise Sauce		Pea & Ham Soup w/Roll		Custard & Fruit*		Apple		Cornflakes	
	Butter Chicken				Tropical Cheesecake		Orange		Sultana Bran	
	Garden Salad w/Roast Pork		Salad Sandwich - Chicken ☐ Cheese ☐						Just Right	
	Greek Salad		Roast Pork & Chutney Sandwich					Weetbix		
	Caesar Salad - Plain ☐ Chicken ☐							Quick Oats		
Saturday (Frozen)	Vegetable Parcel		Refer to any Soup in Week 3		Refer to any Dessert in		Apple		Cornflakes	
	Refer to any Main Meal in Week 3				Week 3		Orange		Sultana Bran	
									Just Right	
			Ham & Cheese Sandwich					Weetbix		
								Quick Oats		
Sunday (Frozen)	Vegetable Stir Fry w/Rice Noodles		Refer to any Soup in Week 3		Refer to any Dessert in		Apple		Cornflakes	
	Refer to any Main Meal in Week 3				Week 3		Orange		Sultana Bran	
									Just Right	
			Curried Egg Sandwich					Weetbix		

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