



Week 1

Selection

Accompaniments

Juice & Soup

Selection



Week 2

Selection

Accompaniments

Juice & Soup

Selection



Week 3

Selection

Accompaniments

Juice & Soup

Selection



Week 4

Selection

Accompaniments

Juice & Soup

Selection

		Week 4	Selection	Accompaniments	Juice & Soup	Selection
Monday	Meals	Chicken & Mushroom Potato Pie		Pumpkin, Mixed Vegetables	Orange	
		Pork Patties with Grilled Pineapple		Mashed Potato, Mixed Vegetables	Apple	
		Beef & Green Bean Casserole		Rice, Mixed Vegetables		
	Desserts	Chocolate Cake				
		Diced Peaches Fruit Cup			Soup	
Tuesday	Meals	Irish Lamb Stew		Mashed Potato, Beans Carrot Corn Mix	Orange	
		Roast Chicken & Gravy		Mashed Potato, Beans Carrot Corn Mix	Apple	
		Sweet Soy Ginger Fish		Mashed Potato, Beans Carrot Corn Mix		
	Desserts	Banana Cake				
		Creamy Cinnamon Rice Pudding			Soup	
Wednesday	Meals	Roast Beef & Gravy		Roast Potato, Diced Carrot, Broccoli	Orange	
		Thai Green Chicken Curry		Rice, Diced Carrot, Broccoli	Apple	
		Pork Gumbo		Diced Carrot, Broccoli		
	Desserts	Custard Danish				
		Orange Cake			Soup	
Thursday	Meals	Marinated Chicken		Mashed Potato, Baked Baby Carrots, Peas	Orange	
		Beef Biryani		Baked Baby Carrots, Peas	Apple	
		Baked Pumpkin and Spinach Rissotto		Baked Baby Carrots, Peas		
	Desserts	Carrot Cake				
		Custard			Soup	
Friday	Meals	Tuna Mornay Bake		Jardin Vegetable Mix	Orange	
		Chicken & Black Bean Casserole		Small Pasta, Jardin Vegetable Mix	Apple	
		Pork Fennel & Sweet Potato Stew		Small Pasta, Jardin Vegetable Mix		
	Desserts	Creme Caramel				
		Lemon Cake			Soup	
Saturday	Meals	Macaroni Ham & Cheese		Pumpkin, Beans	Orange	
		Lamb Curry		Rice, Vegetable Panache	Apple	
	Desserts	Mango Cheesecake				
		Apple Danish			Soup	
Sunday	Meals	Meatballs in Red Wine		Mashed Potato, Vegetable Melange	Orange	
		Beef & Vegetable Slice		Jardin Vegetable Mix	Apple	
	Desserts	Black Forest Gateau				
		Sultana Cake			Soup	