

KERANG DISTRICT HEALTH
MENU WEEK ONE

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Assorted Cereals Apples Prunes	Assorted Cereals Stewed Apricots Prunes	Assorted Cereals Sliced Peaches Prunes	Assorted Cereals Pears Prunes	Assorted Cereals Two Fruits Prunes	Assorted Cereals Fruit Salad Prunes	Assorted Cereals Apples Prunes
LUNCH						
Orange ChickenCasserole Spiral Pasta with Broccoli and Ham Cold Meat & Salad Cold Meat & Vegies ***** Cinnamon Steamed pudding & Custard	Hearty Beef Stew Pork, Noodles & Broccoli Stirfry Pumpkin & Fetta Salad Cold meat & Vegies ***** Baked Rice Pudding	Roast Lamb Salmon and lemon pasta bake Cold Meat & Salad Cold meat & Vegies ***** White chocolate mocha self saucing pudding	Pickled Pork and Parsley Sauce Roasted vegetable frittatta Cold Meat & Salad Cold meat & Vegies ***** Plum sponge	Grilled Fish Chicken Pilaf Cold Meat & Salad Cold Meat &Vegies ***** Fruit Medley Crumble	Lamb Casserole Au-Gratin Baked Fish Cold Meat & Salad Cold Meat& Vegies ***** Carrot & Pineapple Cake	Roast Turkey Salmon Mornay Cold Meat & Salad Cold meat & Vegies ***** Steamed Jam Pudding
DINNER						
Potato & Carrot Soup Sweet & Sour Meatballs Cold meat & Salad Cold Meat & Vegies ***** Fresh Fruit Salad & Ice-cream	Scotch Broth Minced Beef Wellingtons Pumpkin & Fetta Salad Cold Meat & Vegies ***** Pineapple Flummery	Pumpkin Soup Chicken stroganoff and fettucini Cold Meat & Salad Cold Meat & Vegies ***** Orange & Lemon Cheesecake	Lentil &Vegetable Soup Hawaiian Pizza Cold Meat & Salad Cold Meat & Vegies ***** Jelly & Peaches	Pea & Ham Soup Pork sausages with apple & onion relish Cold Meat & Salad Cold Meat&Vegies ***** Lemon sponge with a creamy custard sauce	Minestrone Soup Chow mein Cold Meat & Salad Cold meat & Vegies ***** Raspberry jelly Mousse	Vegetable Soup Zucchini Slice Cold Meat & Salad Cold Meat & Vegies ***** Fruit&Custard

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Assorted Cereals Apricots Prunes	Assorted Cereals Peaches Prunes	Assorted Cereals Pears Prunes	Assorted Cereals Two fruits Prunes	Assorted Cereals Fruit Salad Prunes	Assorted Cereals Apple Prunes	Assorted Cereals apricots Prunes
LUNCH						
Chicken cheese & bacon rissoles with chicken gravy Leek & Asparagus frittata Cold Meat & Salad Cold meat & Vegies ***** Jaffa Self Saucing pudding	Meat loaf & gravy Quiche Lorraine Almond & Green Salad Cold meat & Vegies ***** Lemon Canadian Cake	Roast Beef Apricot Chicken and Rice Cold Meat & Salad Cold meat & Vegies ***** Steamed Fruit Pudding	Silverside & Mustard Sauce Potato rosti and tomato relish Cold Meat & Salad Cold meat & Vegies ***** Lemon delicious	Battered Fish with Sweet and Sour Sauce Bacon & Cheese Souffle Cold Meat & Salad Cold meat & Vegies ***** Golden Syrup Pudding	Chicken Cacciatore Pumpkin & Chickpea Curry Cold Meat & Salad Cold meat & Vegies ***** Upside Down pear pudding	Roast Pork Tuna Macaroni Mornay Cold Meat & Salad Cold meat & Vegies ***** Apricot Crumble & Custard
DINNER						
Carrot Soup Tuna Shepherd Pie Cold meat & Salad Cold meat & Vegies ***** Fresh Fruit Salad & Cream	Chicken & Corn Soup Vegetable Lasagna Almond & Green Salad Cold meat & Vegies ***** Individual pavlovas with berry couli	Vegetable Soup Baked Savoury Enchiladas Cold Meat & Salad Cold meat & Vegies ***** Lemon Sago & Cream	Cream of Celery Soup Spaghetti & Ham Slice Cold Meat & Salad Cold meat & Vegies ***** Apple & Sour Cream Slice	Cauliflower Soup Chicken Snitzel & gravy Cold Meat & Salad Cold meat & Vegies ***** Honey roll with butterscotch sauce	Cream of Vegetable Bolognaise Bake Cold Meat & Salad Cold meat & Vegies ***** Jam & Cream filled Chocolate sponge	Vegie & Lentil Soup Curried Sausages Cold Meat & Salad Cold meat & Vegies ***** New York Cheesecake

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Assorted Cereals Peaches Prunes	Assorted Cereals Pears Prunes	Assorted Cereals Two Fruit Prunes	Assorted Cereals Fruit Salad Prunes	Assorted Cereals Apricots Prunes	Assorted Cereals Peaches Prunes	Assorted Cereals Pears Prunes
LUNCH						
Country Beef Stew Ratatoulie Fish Cold Meat & Salad Cold meat & Vegies ***** Steamed Ginger Pudding	Cottage pie Vegetable Pilaf Chicken Caesar Salad Cold meat & Vegies ***** Pear Pie & Custard	Roast Chicken Fillet of Fish au- gratin Cold Meat & Salad Cold meat & Vegies ***** Sticky Date Pudding	Pumped leg Of lamb with parsley Sauce Beef Stirfry Cold Meat & Salad Cold meat & Vegies ***** Blueberry Buttermilk Pudding & Custard	CrumbedFish & Tartare Sauce Country Chicken Mornay Cold Meat & Salad Cold meat & Vegies ***** Plum Clafouti	Coq-au-vin Bacon & Spinach macaroni cheese Cold Meat & Salad Cold meat & Vegies ***** Pineapple Cake & Custard	Roast Lamb Fish & Broccoli Mornay Cold Meat/Salad Cold meat & Vegies ***** Butterscotch Self Saucing pudding
DINNER						
Tomato soup Sausage Strogonoff Cold Meat & Salad Cold meat & Vegies ***** Fresh Fruit Salad Ice-cream	Minestrone Soup Lamb in plum sauce Chicken Caesar Salad Cold meat & Vegies ***** Vanilla Slice	Potato & LeekSoup Sweet & Sour Pork Cold Meat & Salad Cold meat & Vegies ***** Raspberry Crumble Cheesecake	Cream of Chicken Lasagne Cold Meat & Salad Cold meat & Vegies ***** Tropical Creamed Rice	Pea & Ham Soup Oven baked Vegetable Frittata Cold Meat & Salad Cold meat & Vegies ***** Fruit & Yoghurt	Vegetable Soup Homemade vegi rolls Cold Meat & Salad Cold meat & Vegies ***** Tiramasu	Creme of Pumpkin Soup Chicken Chow Mein Cold Meat & Salad Cold meat & Vegies ***** Lemon Crumble & Cream

KERANG DISTRICT HEALTH
MENU WEEK FOUR

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Assorted Cereals Two fruits Prunes	Assorted Cereals Fruit Salad Prunes	Assorted Cereals Apricots Prunes	Assorted Cereals Peaches Prunes	Assorted Cereals Pears Prunes	Assorted Cereals Two Fruits Prunes	Assorted Cereals Fruit Salad Prunes
LUNCH						
Lamb & vegetable Casserole Pasta with Zucchini Cold Meat & Salad Cold meat & Vegies ***** Anzac Apple Tart	Beef & Vegie Bake Ham & Cheese croissants Creamy Potato & Bacon Salad Cold meat & Vegies ***** Pear & Almond Impossible Pie	Roast Pork & Apple Sauce Baked Potato & Coleslaw & Sour cream Cold Meat & Salad Cold meat & Vegies ***** Lemon Yoghurt Cake	Silverside & Mustard Sauce Chicken & Pea Risotto Cold Meat & Salad Cold meat & Vegies ***** Citrus Steamed pudding	Battered Fish Chicken satay & rice Cold Meat Salad Cold meat & Vegies ***** Apple Slice & Custard	Country Chicken Casserole Potato & Salmon Pie Cold Meat & Salad Cold meat & Vegies ***** Apricot Sponge & Custard	Roast Beef Mixed Vegetable Curry Cold Meat & Salad Cold meat & Vegies ***** Jam Roll & Custard
DINNER						
Chicken Noodle Soup Swedish Baked Fish Cold Meat & Salad Cold meat & Vegies ***** Fresh Fruit Salad & yoghurt	Crème of Celery Chicken rissoles with Sweet & Sour Sauce Creamy Potato & Bacon Salad Cold meat & Vegies ***** Lemon Meringue Pie	Thick Vegetable Soup Rigatoni & Tomato & Red wine Cold Meat & Salad Cold meat & Vegies ***** Chocolate Ripple cake	Scotch broth Individual pasta Frittatas Cold Meat & Salad Cold meat & Vegies ***** Banoffee Pie	Tomato & Vegetable Soup Cheesy bacon & egg slice Cold Meat & Salad Cold meat & Vegies ***** Custard Tart	Pumpkin Soup Meatloaf with Gravy Cold Meat & Salad Cold meat & Vegies ***** Chocolate Cheesecake	Vegetable Soup Shepherds Pie Cold Meat & Salad Cold meat & Vegies ***** Pavlova with peppermint crisp