

ALPHINGTON WINTER MENU WEEK ONE

MEAL TYPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	A Selection of cereals, fruits, toast, juices and tea or coffee with Bacon & Eggs served every Sunday						
Morning tea selection of	Cakes, slices, muffins, biscuits & scones	Cakes, slices, muffins, biscuits & scones	Cakes, slices, muffins, biscuits & scones	Cakes, slices, muffins, biscuits & scones	Cakes, slices, muffins, biscuits & scones	Cakes, slices, muffins, biscuits & scones	Cakes, slices, muffins, biscuits & scones
LUNCH							
Main	Tasty Rissoles	Lamb Casserole	Pickled pork	Chicken & Veg Casserole	Tempura Fish	Lamb Hot Pot	Roast Beef
Alternate meal	Salad or sandwiches						
Vegetables of the day	Beans & steamed pumpkin	Mashed potato, carrots and peas	Roast potato, pumpkin, parsnip with peas	Rice, silver beet and corn	Chips and salad	Potatoes pumpkin and peas	Combination of diced roast vegetables
Dessert	Sticky Date Pudding & Cream	Bread & Butter Pudding	Apricot Sponge & Custard	Golden Syrup Dumplings	Steamed Jam Sponge	Creamed Rice Pudding	Apple Pie & Cream
Afternoon tea	Cheese scones	Matches	Cheese kabana & crackers	Savory pizza slices	Tomato on crackers	Jam Tarts	Shortbread biscuits
DINNER							
Soup	Potato and broccoli	Cream of pumpkin	Beef and veg	Tomato	Pea and ham	Chicken	Vegetable
Choice 1	Quiche Lorraine	Egg, Bacon & Tomato on Toast	Vegetable Mornay	Mini Franks, Baked Beans & tomato with toast	Party Pies, salad & wedges	Poached Eggs on Toast	Mixed Toasted Sandwiches
Choice 2	Tuna Mornay	Curried meat balls potato and veg	Chicken strips with potato salad	Toasted ham & tomato sandwiches	Vegetable bake and salad	Savory mince on toast	Tuna salad
Alternate meal	Cold meat and salad or sandwiches						
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Supper	Hot Milo, with sweet or savory biscuits						